



Radish

FROM THE GROUND UP

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eggs** Standing up
for goodness

Going green
for **St. Pat**

The
orchid obsession

Recycled Fish

"In Defense of Food"
Michael Pollan's new manifesto

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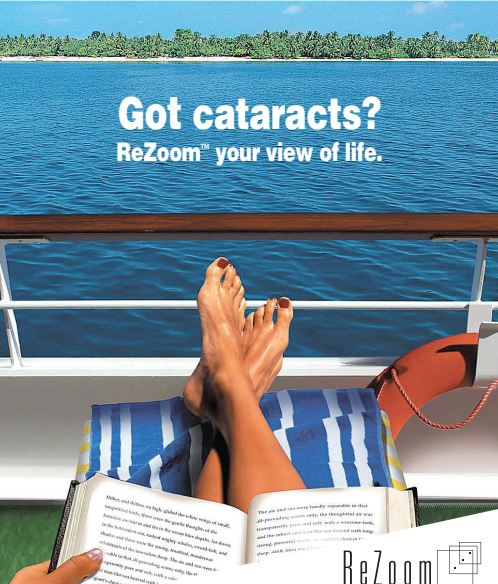
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The Friends of Radish
HELPING TO SPREAD THE WORD ABOUT HEALTHY LIVING



Carol Brenner is the Benefits and Payroll Administrator for MetroLINK public transit. She also is the company's health administrator and manages "Wise Living," a program inspiring staff to eat healthy, exercise and stay in shape.

MetroLINK is a member of The Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.

The Friends of Radish
HELPING TO SPREAD THE WORD ABOUT HEALTHY LIVING

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A better experience.

Western Illinois University Fifth Annual Environmental Summit

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Macomb Campus
Wednesday, April 2, 2008
WIU Union
9:00 AM - 4:00 PM

Exhibits and Activities

- Green Solutions Expo
- Envisioning a Sustainable WIU Community
- Presentations by WIU students and faculty and members of the community

11:00 AM - 2:00 PM

Keynotes

- Sustainability as a Magnet for Students, Staff and Donors
Stephen Hamstra
- Save Our Lands, Save Our Towns
Thomas Hylton
- Sustainable Universities
Enid L. Cardinal

Quad Cities Campus
Thursday, April 3, 2008
Room 102
12:00 PM

Keynote

- Save Our Lands, Save Our Towns
Thomas Hylton

Radish
HEALTHY LIVING FROM THE GROUND UP

Green Solutions

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WESTERN ILLINOIS UNIVERSITY

from the editor



Photo by Gary Krambeck / Radish

For 2½ years Radish has been the only publication providing information about healthy and environmentally responsible living in eastern Iowa and western Illinois. In order to reach out in new ways, however, we need help. Enter the Friends of Radish, a special group of community-minded businesses and organizations whose long-term support and collaboration will help this magazine expand on its mission.

We've been working on developing the Friends of Radish for quite some time, and we're proud to partner with the first to join us: Trinity Regional Health System, WQAD NewsChannel 8 and MetroLink. Representing these Friends and joining me in the photo above are Trinity registered nurse Tricia Thodos, MetroLink marketing specialist Tavares Williams and WQAD news anchor Matt Hammill.

The Friends of Radish are committed to being good corporate citizens — both through their own initiatives and by supporting Radish in its initiatives.

In addition to providing the services one would expect from a health system, Trinity offers extensive health education through its monthly classes, screenings and programs as well as non-traditional and complementary health services through the Trinity Enrichment Center.

MetroLink, the Illinois Quad-Cities public transit system, allows residents to leave their cars at home and cut down on emissions and dependence on foreign oil, and nearly half of its fleet runs on clean-burning, compressed natural gas.

As a broadcast media outlet, WQAD allows us to collaborate on spreading environmental awareness in print and on air. Radish promotions on WQAD will announce the arrival of each new issue, and each month Matt Hammill's environmental series, "Living on Earth," will feature a video report of a story appearing in print in Radish.

The support of the Friends of Radish also makes it feasible for Radish to reach out beyond print in new ways and new places. Each month an initiative we call "On the Road with Radish" will bring the message of healthy living to at least two public events. Beginning this month we also offer great new interactive features on our Web site — downloadable PDF versions of our magazine, a live and searchable calendar database and links to the Friends' Web sites. Visit us at radishmagazine.com and try it out!

We'll feature the Friends of Radish each month in a public service announcement on page 1. Check it out, and meet some of the people who are our Friends, and, by extension, yours as well.

— Joe Payne
editor@radishmagazine.com

P.S. If your business or organization would like to become a Friend of Radish, give us a call at (309) 721-3204.

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Radish uses soy-based ink and recycled content in its newspaper and is 100 percent recyclable.

contributors



Having recently returned to eastern Iowa after living in Chicago for the last six years, Leslie Klipsch of Davenport is thrilled to shop the area's extravagant farmers' markets and to have conversations with the people who grow her family's food. Part-time stay-at-home mom, part-time freelance writer, she contributes to a number of publications. You can check out her bi-weekly parenting column at pregnancy.org and her Iowa food life blog at farm-raised.blogspot.com. In her Radish debut, Leslie writes about the wonders of farm-fresh eggs on page 8.



Paul Cioe of Rock Island, Ill., is a part-time musician and writer and an associate professor of English at Black Hawk College in Moline, Ill. Because Paul is always up for a challenge, Radish sent him out to uncover the passions and motivations of orchid growers. Read his entertaining story on page 20.



Mike Shaffer of Iowa City is a clinical specialist in the University of Iowa's Hospitals and Clinics Department of Rehabilitation Therapies. He also is the coordinator for sports rehabilitation for the University of Iowa's Sports Medicine Center and serves as a physical therapy consultant for intercollegiate athletes at the university. In this issue, Mike cautions runners about "The Rule of Too" on page 24.



Between naps, Jim Courter writes and teaches writing at Western Illinois University in Macomb, Ill.. His everyday passions are for family, reading, writing and basketball. A couple of years ago he and his wife Susan were the focus of a Peoria Journal Star feature on ways to reduce, reuse and recycle. He has written two mystery novels, the most recent one about a Milwaukee private eye. An avid walker, he ever so slowly is working on a collection of essays to be called "Pedestrian Notes." Read his essay on napping, "Lie Down, Be Counted," on page 25.



Teeg Stouffer of Council Bluffs, Iowa, is executive director of Recycled Fish, a non-profit organization of anglers as stewards of the resource. A life-long angler, Teeg is truly passionate about the sport of fishing and the resource on the whole. "I came from a fishing family, both on my mom's side and my dad's side," he says. "We grew up fishing. I had a rod in my hand at age 3, and I don't think I ever put it down." His passion for what he calls "stewardship of Creation," motivated by Christian faith, together with his experience in media, marketing and management, give him a unique skill set to cultivate this unique outdoor organization. His essay on Recycled Fish appears on page 40.

Also writing in this month's Radish are regular contributors Darcy Maulsby ("Biodynamics," page 6), Liz Bulasko ("Rooms with a View," page 10), Jeni Tackett ("March Madness," page 22) and Lindsay Hocker ("Table to Table," page 28).

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Radish Web site just got a whole lot friendlier!

Beginning this month, Radishmagazine.com offers a live, searchable calendar database as well as PDF versions of the print version of the magazine.

The calendar allows users to click on any day of the month to find out what's going on in the Radish region. Readers also can search the entire calendar by category or date range and can submit events to be included in the calendar. In addition, events occurring within the next seven days automatically will be posted on the homepage. The online calendar offers more events than the magazine can publish in print and includes events occurring throughout eastern Iowa and western Illinois. Categories included are special events; body, mind & soul; food; home & garden; health & fitness; runs, walks & rides; outdoors; and, beginning in May, farmers' markets.

The PDF link allows readers to view or download a exact replica of the printed magazine each month. Each issue, beginning with March, will be archived on the site as well.

Check out these great new additions — as well as links to the Friends of Radish — on our homepage at Radishmagazine.com.

Stop by and get a Radish at the Flower and Garden Show

Each month Radish goes on the road to share vital information about healthy and environmentally responsible living in eastern Iowa and western Illinois. These visits are made possible by the Friends of Radish, a group of community-minded businesses and organizations that consists of Trinity Regional Health System, MetroLink and WQAD NewsChannel 8.

Go on the road with Radish in March:

- QCCA Flower and Garden Show, March 14-16 at the QCCA Expo Center, 2621 4th Ave., Rock Island, Ill. Hours are 10 a.m. to 9 p.m. Friday, March 14; 10 a.m. to 8 p.m. Saturday, March 15; and 10 a.m. to 4 p.m. Sunday, March 16. (For more information visit www.tmqc4.info.)

- The Environmental Film Fest 3, 10:30 a.m. to 6:30 p.m. March 29, Unitarian Church, 3707 Eastern Ave., Davenport, IA. (See page 32 for more information.)

Clinton couple wins free Radish subscription

Jean and Ed Hupfer of Clinton, Iowa, have won a one-year Radish subscription in a random drawing of the names of readers who participated in a demographic e-mail survey of Radish readers.

Congratulations, Jean and Ed, and enjoy having Radish mailed directly to your home!

To take the Radish demographic survey, send an e-mail to editor@radishmagazine.com.



From our readers

Holistic Animal Care (February 2008): "I recently picked up the February 2008 issue of Radish magazine at Hy-Vee. I enjoyed the article in the issue about Holistic Animal Care. I just wanted to bring up one more thing I think you could have included. Last year my dog hurt his neck. We tried chiropractic care and it seemed to be working, but not quite fixed. I was going to next try acupuncture, but remembered a woman I knew who is a massage therapist and worked on pets. My dog had two massages and I believe this cured his neck problems. I believe the chiropractic worked, but that he needed the added massage to relax his muscles."

— Shelley Griffing

Love the magazine: "I picked up the December and February issues (free) from Uncle Billy's in Galesburg, Ill. The kid didn't know if it was free or not so he didn't charge me. I was hooked. I even gave the Christmas issue to a friend ... who does the food section of the Journal Star (Peoria). I have a farm in the Geneseo area and my parents were long residents of Henry County. ... Are back issues available? I missed January. Love it!"

— Jane Ropp Bell, Peoria, IL

Included with Jane Bell's letter was a check for a two-year subscription to Radish. Thanks, Jane! Radish is complimentary at our distribution locations, but readers, like Jane, who want to be sure they don't miss an issue can send a check or credit card information for a subscription (\$19.95 for one year, \$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL 61265. Be sure to include your home mailing address. — Editor

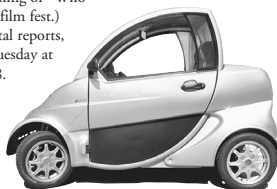
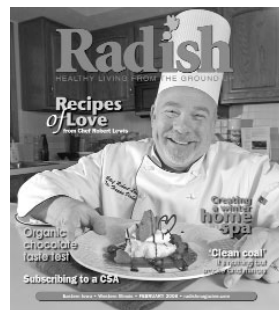
Living on Earth: WQAD checks out electric cars and the Environmental Film Fest

After you've read this month's story on the Eagle View Group-Sierra Club's Environmental Film Fest (page 32), tune in to the March 25 episode of "Living on Earth," airing during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will provide a preview of the film fest as well as a look at the electric vehicles distributed by ePower Synergies, Inc. (Owners Bruce Wood and Amy Nielsen will host the screening of "Who Killed the Electric Car?" during the film fest.)

For other regional environmental reports, tune in to "Living on Earth" each Tuesday at 10 p.m. on WQAD NewsChannel 8.

Send your comments to editor@radishmagazine.com or write to Radish, 1724 4th Ave., Rock Island, IL 61201.



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Farm-fresh eggs from the "girls" at Miss Effie's Country Flowers and Garden Stuff in Donahue, Iowa. (Photo by Paul Colletti taken at Mama Compton's, Rock Island, Ill.)

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healthy living

Biodynamics

Tuning in to the cosmos down on the farm

By Darcy Maulsby

If you've heard about the high quality and exceptional flavor of biodynamic food, you may be wondering what makes it different from organic food. While biodynamic farmers follow organic principles, they also incorporate other methods from the soil to the stars.

"Biodynamics is not a magic formula," says Parker Forsell, the biodynamic program coordinator at Angelic Organics, a community-supported farm near Caledonia, Ill., which has used biodynamic methods for 15 years.

"It must include a very good rotation based on soil building and timely applications of livestock manure-based compost. In addition, the use of specific preparations and attention to celestial rhythms help take a well-functioning organic farm to the next level," Forsell says.

While biodynamics parallels organics in many ways, its emphasis on life energy sets it apart. Biodynamic producers seek to actively work with the health-giving forces of nature, viewing the farm as a living organism within the context of both the planet and the cosmos. A strong emphasis is placed on keeping the farm as self-sustaining as possible.

To achieve this, a mixture of livestock (especially cattle) and crops is preferred since the animals provide manure to improve the soil, which nourishes the crops which, in turn, feed the livestock. Chemicals are not used on animals or soil.

Biodynamic farmers take into consideration the moon's orbit and the constellations to determine planting and harvesting times, but they are most interested in the beneficial earthworms and soil-building microbial activity that occur beneath the surface because healthy food comes from healthy soil.

"Just as homeopathic practitioners strive to restore the body to harmony and balance, biodynamic farmers focus on creating a balanced environment for producing high-quality food," says Dawn Hunter, who operates Aurora Farm south of Fairfield, Iowa, using biodynamic principles. "Everything is interactive."

The community-supported agriculture movement thriving in the Midwest can trace some of its roots to biodynamic farmers from the East Coast, adds Forsell, although the history of biodynamic



Interns at Aurora Farm after a day of working on compost. (Photo courtesy of Aurora Farm)

agriculture goes back much farther. Inaugurated in 1924 by Austrian scientist Rudolf Steiner, biodynamic farming is the oldest non-chemical agricultural movement and pre-dates organic agriculture by approximately 20 years, according to the Biodynamic Farming and Gardening Association.

Since many consumers aren't familiar with biodynamic agriculture, Hunter always is willing to share information with her customers at the farmers' market in Fairfield, with students from nearby Maharishi University and with others who want to learn.

"I've found that biodynamic yields are comparable to organic, and I think the quality of the food will be a step above organic," says Hunter, who raises flowers, herbs, heirloom tomatoes, a wide variety of vegetables and fruits and berries on approximately 3 acres of her family's 75-acre farm.

Hunter and Forsell say biodynamic agriculture

varies from organic production in three key ways:

- **Biodynamic farms aim to become self-sufficient in composts and manures.** Hunter grows many of her own compost crops, including hay and straw. She also incorporates leaf mold piles and the perennial herb comfrey into her composts.

Compost is treated with herb-based preparations. Yarrow, chamomile, stinging nettle, oak, dandelion and valerian form the basis for biodynamic compost preparations, which help regulate the decomposition process. Biodynamic farmers also believe these preparations make nutrients available in the forms needed for healthy plant growth.

All of Angelic Organics' compost piles are inoculated with the six compost preparations derived from specially prepared medicinal herbs. "We make most of our biodynamic preparations at the farm," Forsell notes.

Learn more

Angelic Organics in Caledonia, Ill., will offer eight workshops on biodynamic agriculture and the work of Rudolf Steiner this year at the farm's Learning Center, including an all-day introductory workshop on biodynamics. All eight workshops will be available as part of the farm's "Healing the Earth" series for \$275. The workshops also may be attended individually. For more details, visit www.learnconnect.org.

- For more information on Aurora Farm, call (641) 472-9941 or e-mail farmaurora@lisco.com.
- For more information on Angelic Organics, visit www.angelicorganics.com.
- For more information on the Biodynamic Farming and Gardening Association, visit www.biodynamics.com.

- **Biodynamic farmers strive to improve crop quality using silica powder, quartz-based preparations and other methods.** At Angelic Organics, a soil spray applied in the spring and fall and a foliar spray made of quartz crystal provide a homeopathic boost for the plants and soil life of the farm, Forsell says. Hunter sprays a silica powder mix into the air when the crops are growing to help the plants bring in the maximum amount of light for improved growth. She makes some of the preparations she uses and purchases others through the Virginia-based Josephine Porter Institute for Applied Biodynamics.

"In the last five years, there has been a strong push in the biodynamic community to promote biodynamic preparations regionally," adds Hunter. In the fall she often travels to Viroqua, Wis., to help other biodynamic farmers make preparations for winter. Farmers leave specific items buried through the winter and retrieve them in spring.

- **An astronomical calendar is used to determine planting, cultivating and harvesting times.** This is a very detailed activity that many farmers apply in different ways, says Forsell, who notes that Angelic Organics plants most of its greenhouse and field crops at specific times to benefit from certain celestial rhythms. Calendars are available through the Biodynamic Farming and Gardening Association that help both beginner and experienced growers take advantage of celestial rhythms.

Hunter and her business partner, Joy Craig, rely on the Stella Natura Biodynamic Planting Guide and Calendar to determine when to germinate seeds, when to plant, when to compost and when to harvest. "We know the pull of the moon affects the oceans, and it affects the liquid in plants, too," says Hunter, who adds that farms can be certified biodynamic by the Demeter Association, an international certifying organization.

"Many people hear about the more esoteric aspects of biodynamics without considering all the activities that make up a biodynamic farm," Forsell says. "The real guiding principle is the idea of working to develop the farm toward a self-sufficient end, where plants, animals and the native landscape function in a unified way."

Discovering New Horizons

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healthy living

Farm-fresh eggs

Standing up for goodness, straight from the coop

By Leslie Klipsch

Long before I began wading through labels like “cage-free,” “organic” and “free-range” and shelling out \$4 for one dozen farm-fresh eggs at a specialty grocery, my grandmother was selling them out of her Iowa farmhouse for 50 cents a dozen. I remember the parade of women who would drive up the gravel lane, greet the barking dog and perch just inside the doorway of the house waiting for fresh eggs. My grandma, always gracious and ready to chat, would appear from her kitchen with several cartons of brittle, light-brown eggs, plucked from under her Golden Cross hens during a mid-afternoon trip to the hen house in the backyard. These farm-fresh eggs, as anyone who watches the Food Network now knows, are the secret to perfect soufflé and creamy custard.

Recently having returned to my Iowa roots after living in Chicago, where I continually impressed my foodie friends with products I hauled east after visits home, I am thrilled to find farm-fresh eggs readily available throughout the region. With these versatile oval gems, I keep my new kitchen abuzz. My noodles are more flavorful, my banana crème pie richer, and my sunny-side up a shade sunnier. My secret: an affinity for farm-fresh eggs and my grandmother’s recipes.

I am not alone in my enthusiasm. Joe Thibodeaux, executive chef of The Faithful Pilot in LeClaire, Iowa, uses farm-fresh eggs purchased from a farm in Preston, Iowa. “Our baker loves farm-fresh eggs,” Thibodeaux says. “She makes crème brûlée with farm-fresh eggs; and you can really tell the difference when she uses those eggs rather than the mass produced eggs.” Popular Sunday morning choices like omelets and quiche Lorraine are made with eggs purchased from a farmer with whom he and his staff have personal contact — something he values. He says the only drawback with farm-fresh eggs is that, depending on the batch, the yolk is sometimes smaller than he would like. “Still, the taste is so much better that it’s worth it to have to use a few extra eggs.”

Beyond flavor and success in the skillet, eggs are also rich in immune-boosting nutrients. According to the American Egg Board (which for years has promoted the “incredible, edible egg”), adding eggs

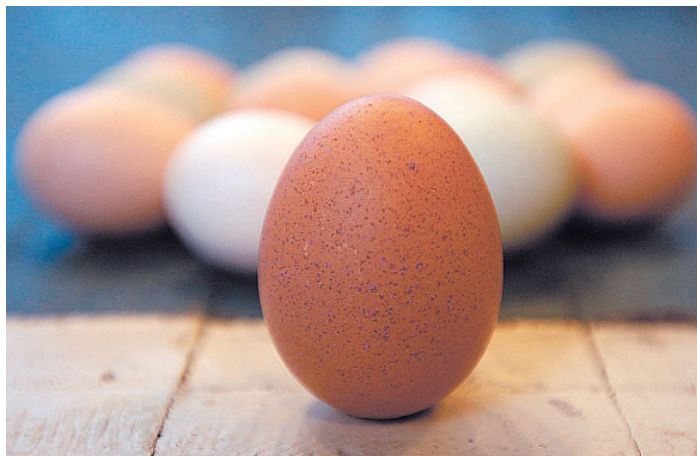


Photo by Paul Coletti / Radish

to your daily diet can help prevent common colds and illnesses. Selenium, vitamin A, vitamin B12 and zinc all are found in eggs and all are proven to help bolster the immune system. Additionally, eggs pack high-quality protein. One egg contains 6 grams of protein, which is 13 percent of the recommended daily intake for the average person. Excellent protein, good fat and all kinds of culinary possibilities — a carton of eggs, which yields up to six servings, is an unbeatable bargain.

Cathy LaFrenz has 45 hens on her flower farm just outside of Donahue, Iowa. Her birds vary as much as her flowers; she keeps several rare and unusual breeds of chickens whose eggs are green, blue, pink, ivory and different shades of brown. “I have pretty chickens, pretty eggs,” LaFrenz says.

She collects around 23 eggs a day and sells them from the flower farm or by special arrangement for around \$2 a dozen. These farm-fresh eggs are rarely over a week old by the time they reach her customers’ hands. This is a stark contrast to the dozen eggs you might buy at the grocery store, where

they may be up to nine months out of the coop. “Crack open one of my eggs and a store-bought egg,” says LaFrenz, “and you’ll see that the store-bought egg’s yolk is a lot lower, a lot flatter, and it won’t stand up in the skillet. You’ll see that the white runs a lot more in the skillet as well. When you put my egg in the skillet, you’ll see that the yolk is stronger, will stand up, and is a nice orange ball. The white stays together.”

Part of the difference is the freshness of the eggs; other factors include what the chicken is fed and its environment. Ed Kraklio of Nostalgia Farms in Walcott, Iowa, feeds his 55 laying hens ground oats, corn, table scraps, excess produce out of the farm’s greenhouse and extra bread made with all-natural ingredients. He also has been known to pay his nieces and nephews to collect grasshoppers and caterpillars from around the farm’s pond for the hens as well. Both the kids (more spending money) and the birds (more protein) benefit.

Additionally, Kraklio’s hens are pasture-raised. “As babies and adults, our hens get to run around,”

he says. “Even in freezing temperatures, if we can get them in an area without snow on it, we throw their corn outside on the ground for them to go out and look for. It’s good exercise, keeps them very busy, and leads to better egg production. If your hens are trapped in a cage all day long and getting no exercise, all that can happen is that the eggs will be of a poorer quality than a healthier hen.”

Not surprisingly, his eggs are a staple ingredient in the Nostalgia Farms mustard and baked-goods line. He told me that customers constantly ask him why his cookies taste so much better than theirs. His response: “It’s because we used farm-fresh eggs. All the time. We use real butter and all-natural ingredients.”

Farm-fresh and local is having its day in the culinary world, and the fruits of our Midwestern farm communities are suddenly the makings of the hottest dishes in town. The world has embraced the provincial, and what has been happening in the Radish region for generations suddenly is realized as ahead of the curve. Here in the Midwest — a hotbed of pasture-raised, steroid-free, organic and local — I am listening hard and taking notes.

Of course, things always are changing in the food world: This year’s nori is last year’s wasabi. It’s like LaFrenz says, “I love my chicken eggs, but duck eggs ... duck eggs make the best angel food.”

For a list of regional farm-fresh egg providers, turn to Resources, page 38.

Homemade Noodles

1 whole egg	2 tablespoons water
3 egg yolks	4 cups flour

Beat eggs and water with fork. Add flour 1 cup at a time until dough can be worked well enough to divide into balls the size of softballs. Roll out until the dough is very thin and let dry. Roll sheets up and slice thinly. Spread on cookie sheet until dry. Boil water and cook for pasta or boil in beef or chicken broth and serve plain. (Makes 6-8 servings.)

Banana Crème Pie

2/3 cup sugar	3 eggs — separated
½ teaspoon salt	1 tablespoon butter
2½ tablespoons cornstarch	1½ teaspoon vanilla
1 tablespoon flour	3-4 sliced bananas
3 cups milk	

Mix sugar, salt, cornstarch and flour. Gradually stir in milk. Cook, stirring constantly until mixture thickens and boils. Boil approximately one minute. Remove from heat. Gradually stir mixture into bowl containing egg yolks. Return mixture (now including egg yolks) to pan and boil one minute more, stirring constantly. Remove from heat and blend in butter and vanilla. Cool and stir in bananas. Pour into graham cracker crust. Allow to cool.

Meringue

4 egg whites	¼ teaspoon salt
¼ cup sugar	2 teaspoons cream of tartar

Whip eggs until frothy. Add sugar mixed with salt and cream of tartar and beat until tall peaks form. Bake at 425 degrees until browned, approximately 10 minutes.

Recipes courtesy of Marge Wethington, Leslie Klipsch’s grandmother



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healthy living

Rooms with a view

Four Mounds supports preservationist's vision

By Liz Bulasko

On the far north end of Dubuque, Iowa, Peru Road makes a long loop toward the Mississippi bluffs. At 4900 Peru, beyond two aging stone pillars, the 54 woody acres of the old Burden estate offer an expansive river view. They're also the site of the Four Mounds Foundation, a not-for-profit organized in 1987 to manage and steward Elizabeth Adams Burden's gift of property to the city of Dubuque upon her death in 1982. The Four Mounds estate also is listed on the National Register of Historic Places — in part because of the four ancient and

sacred Woodland Indian burial mounds that give the foundation its name.

The prehistoric mounds lend "a certain aura" to the property, says an energetic Marie FitzGerald, the property's inn and conference center manager for 10 years. "It's so tranquil and spiritual."

The 21-room Grey House, completed in 1908, was designed for George A. and Viola Burden by Chicago architect Lawrence Buck. The house shows a strong Arts and Crafts influence and is Buck's only surviving house in Iowa. Burden made his fortune through banking and real estate, says FitzGerald, describing it as "old aristocratic money."

The two-story, rough-cast gray stucco house now serves as the Four Mounds Inn & Conference Center. FitzGerald is one of six full-time staffers employed by the foundation.

Despite her generous gift to the city, Burden's bequest did not include an endowment, or funds to maintain the estate. That means FitzGerald's tasks include bookings for the inn and conference center, event planning and plenty of fundraising. The property also is maintained through the foundation's Youth Empowerment Services (Y.E.S.) program, which has partnered with the Dubuque community since 1995 to help at-risk youth earn education credits and gain valuable life- and work-skills. Through Y.E.S., more than 1,300 adolescents, ages 13 to 18, have restored the estate's historic architecture while learning a variety of building and mechanical trades. They've also learned conservation and stewardship values through prairie restoration, organic farming and sustainable agriculture on the nearby Bertsch Educational Farm and through Four Mounds landscape maintenance programs.

"It helps us do what we do," Chris Olson, the foundation's executive director for five years, says of the program. "It helps preserve the site and make it available to the public."

The non-profit's mission statement is to "demonstrate and teach the stewardship of natural, architectural, historical and agricultural resources in a way that is environmentally, economically and culturally sustainable and to have these resources utilized for hands-on experiential education."

Unlike many area parks, Four Mounds charges no admission fee and is open 365 days a year. Visitors are free to roam the grounds and explore wood-chipped hiking trails that wind along the bluffs, pass the estate's many outbuildings and end at a native prairie.

The estate's structures include the White House, built in 1924 for George R. (son of George A. and Viola) and Elizabeth Burden; a playhouse built for George and Elizabeth's three young daughters; a potting shed; a wood shop; a root cellar; the 1920 gardener's house; the 1907 chauffeur's house; a barn; an ice house; a lower garage; a corn crib/chicken house; a hog house; a cabin built in 1956; and a pump house. (The estate still is supplied with water from the single well below this structure.)



© Alexander Vertikoff

An offshoot of Y.E.S. is the Housing Education and Rehabilitation Training Project, or HEART. This urban revitalization program brings Y.E.S. participants together with groups such as the Dubuque Community Schools, Loras College, Dubuque Housing and Community Development and local real estate developers. HEART's young rehabbers, who stay with the program for about two years, now are hard at work on their fifth house in the Washington Street area. They create modest, quality and affordable housing with historic character.

"It's a fantastic program — really successful," says Olson. "The students gain a lot of skills and vocational training (while) doing complete gut rehabilitation."

The students' woodworking skills also help fund the foundation, as they turn out Adirondack chairs and bird houses that are available for sale on-site. The high-backed chairs perch on the bluffs near the inn, offering stunning views of the Mississippi below. It's a popular spot for overnight guests. "People enjoy them while they're here and then order them (to take home)," says FitzGerald.

And while the organic gardening aspect of Y.E.S. has declined in recent years, the foundation still rents the tilled plots to the community at \$25 each. All must be cultivated organically.

Yet another feature of the property, the Four Mounds Ropes Course, has become one of the Midwest's premier leadership training sites. Built in 1992 of wood, cables and ropes, the course lends itself to a series of group activities that include physical, mental and emotional challenges. A combination of teamwork skills, physical dexterity, effective problem solving and trust is required to successfully complete the course.

However, the foundation derives most of its income from private donations. The conference center may be reserved for small conferences and business meetings, weddings and family parties. Overnight guests may rent the inn's seven rooms and suites, plus Marvin Gardens, a private cottage overlooking the Mississippi. The Grey House also may be reserved.

Four Mounds is lucky enough to have plenty of volunteers. Local Boy Scouts help with gardening, "barking" the nearby trails and doing any number of restoration tasks. The restoration never ends! says FitzGerald. "It's a continuous project."

Four Mounds Foundation is located at 4900 Peru Road, Dubuque, Iowa, off U.S. 52 N. For more information, call (563) 557-7292 or visit www.fourmounds.org.



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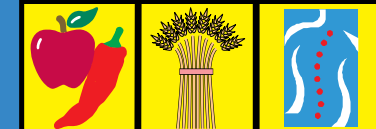
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your money

Double bottom line

Socially responsible mutual funds take off

By Anne Moore Odell,
Socialfunds.com

Maybe it is Al Gore and the U.N.'s Intergovernmental Panel on Climate Change winning the Nobel Prize. Maybe it is the cost of gas at the pump. Maybe the Enron scandal opened investors' eyes. Perhaps the news from the Sudan has pushed investors.

Whatever the reasons, more people are investing with socially responsible mutual funds. Over the last year and a half, more SRI mutual funds and products have been launched, meeting consumer demands. No longer can the argument be made that SRI funds offer investors limited choices.

"Socially responsible investors can now choose among more SRI funds than ever, with more specifically targeted investment strategies," says Cheryl Smith, executive vice president at Trillium Asset and Chair, Social Investment Forum (SIF).

"Any investor concerned about climate change, human rights, corporate governance and shareholder rights can find an appropriate fund, whether they are focused on bonds or on stocks, income or growth, domestic or international investments."

Green is the color of the new century, with mainstream and SRI mutual fund companies rushing to offer alternative energy, clean tech, green and climate change products.

"I think two things are driving the interest in SRI," said Paul Hilton, director of Advanced Equities Research at Calvert. One factor is the "general interest in the environment, in part due to climate change awareness," he says. "It seems every magazine has had a 'green' issue. The other piece driving interest in ESG (environmental, social and governance investing) is the mainstream investor shops and the new investment research in ESG, like the research from Goldman Sachs in London.

In a survey released last year, Calvert reported that 85 percent of respondents consider investing in alternative energy as an opportunity to make a profit

while helping to mitigate climate change. Calvert's Global Alternative Energy Fund, launched in May 2007, has collected more than \$120 million in assets.

Winslow launched the Winslow Green Solutions Fund in November 2007, investing in mid-cap domestic and international companies that pass Winslow's green screens. This new fund joins Winslow's Green Growth Fund, which has been a small-cap mutual fund green leader since 2001.

The Spectra Green Fund, launched January 2007, is a growth fund with a broad definition of green companies. Its top holdings as of the end of 2007 include Apple, Microsoft, Deckers Outdoor Corp, Deere and Co., and Borgwarner.

The Merrill Lynch Energy Efficiency Index made index history in 2007 as possibly the first index to focus solely on energy efficiency.

"Any investor concerned about climate change, human rights, corporate governance and shareholder rights can find an appropriate fund."

"SRI funds are clearly the leaders amongst all mutual funds on the important issue of global climate change that will affect industries across the board," Smith told Socialfunds.com.

"While most mainstream funds do not even vote their proxies in favor of shareholder resolutions on climate change, SRI funds are engaging in dialogues, filing resolutions and voting their proxies in favor of climate change resolutions. They also are leaders in investing in new energy-saving and renewable-energy technologies," Smith adds.

SRI funds are looking internationally to invest with the best companies the world over. This international approach diversifies portfolios and profits from the rise of new markets.

The Pax World Value Fund, launched September 2007, invests in undervalued large-cap companies and rounds out Pax mutual funds offerings, which also include a Balanced Fund, Growth Fund, High Yield Bond Fund and Women's Equity Fund.

Calvert launched the Calvert International Opportunities Fund in May 2007 and, as of November 2007, had holdings in small and mid-cap companies in 25 countries. It invests in both developed and emerging markets with no more than 10 percent in U.S. stocks.

Launched at the end of 2006, the Domini PacAsia Social Equity Fund and the Domini European PacAsia Social Equity Fund extend the specific targeted areas Domini Social Investments offers in mutual funds. Both funds invest in mid- to large-cap companies in the specific areas.

"We've seen that investors who care about sustainability really need the full set of allocation tools and investment products that have traditionally been available to conventional investors," said Adam L. Deixel, director of marketing and communications for Domini. "That's why we've begun offering our international funds."

Domestic funds also are represented in the new crop of mutual funds.

Gabelli SRI Fund, launched in June 2007, looks to invest with companies that pass social and environmental screens. MMA Praxis Mutual funds also added two new funds to its family last year: Small Cap and Growth Index Funds. The small cap fund balances between growth and value styles while the growth fund portfolio mirrors the investment performance of the U.S. large cap growth equities market. All of MMA Praxis's funds follow SRI investment strategy born from the Anabaptist faith tradition.

Another growing field for SRI investors is microfinance. Microfinance is the granting of very small loans — often \$50 to \$500 — to individuals in emerging markets to develop small businesses. Individual investors work with microfinance organizations and institutions to bring capital to areas of the world and individuals underserved by traditional banks. The microfinance institutions (MFIs) offer their clients loans with much lower interest rates than underground loans made by loan sharks. MFIs also see a very high rate of repayment.

MMA and the Mennonite Economic Development Associates (MEDA), working with MicroVest and the Calvert Foundation, launched the OneWorld Community Investment Program in June 2007. Investors with as little as \$1,000 can take part in the program designed to close the capital gap by investing in MFIs. High net worth individuals can become involved in microfinance through MicroVest's MicroVest I Fund launched in 2003.

MicroPlace was launched by eBay last year, with the goal of helping people invest over the Internet in microfinance. The Calvert Foundation, which helped develop MicroPlace, was named as the first issuer to sell investments on the site.

"Public alarm over climate change has passed its tipping point, and it is probably the largest factor in convincing investors to invest for a better world, but there are many other issues that our investors care about: unsafe and unhealthy products, sweatshops and child labor, predatory lending and other financial abuses, lack of investment in poor communities, as well as a broad range of other environmental challenges," said Domini's Deixel. "What all of these issues have in common is that they are all tied, in one way or another, to the financial system. Our kind of investing is about fixing that system, and telling corporations how their owners expect them to behave. We're finally starting to see companies responding to the climate change challenge, in part because social investors and other shareholders have made it so difficult for them to avoid the issue."

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For more information on the funds mentioned in this story, as well as other SRI funds, visit Socialfunds.com and click on "SRI Fund Finder."

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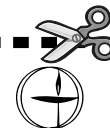
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eating well

What should we eat?

Michael Pollan makes a case for the anti-diet

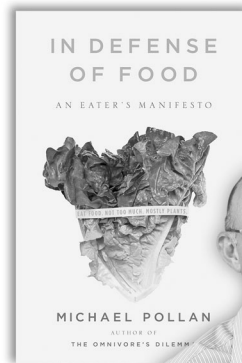
By Brandy Welvaert

Less science, more culture. This is the essential argument of Michael Pollan's new book, "In Defense of Food: An Eater's Manifesto" (Penguin, 2008, \$21.95 in hardcover). If his 2006 book, the best-selling "The Omnivore's Dilemma," made you wonder how you'd ever eat with a clear conscience again, consider "In Defense of Food" as its pragmatic, quickly read foil.

Pollan stood before a group of more than 250 at the Iowa City Public Library in January and expounded on this new culinary manifesto. And make no mistake — it is a manifesto. The "guy-with-a-typewriter-in-the-woods" overtones are not lost on Pollan, Knight Professor of Science and Environmental Journalism at the University of California-Berkeley, an articulate and enjoyable speaker whose writings include, he admitted with a flush upon his cheeks, an article for Harper's titled "Opium Made Easy" (1997).

Still, don't confuse "In Defense of Food" as the work of an aging hippie (Pollan is 52) wrestling with food issues held over from the 1960s and '70s. Nor is it a "diet" book. Instead, it's a salient and concise read — just around 200 pages — that works toward granting readers the power to confidently make food choices based on experience rather than "nutritionism," Pollan's name for the reigning food ideology in the U.S. that exploits reductionist science to the detriment of eaters' health — and, notably, for the benefit of nutrition science, food makers and marketers, and food journalists.

Among its most poignant criticisms of nutritionism, the book lays to waste the use of the familiar lipid hypothesis — that there is a direct relationship between the amount of saturated fat and cholesterol in the diet and the incidence of coronary heart disease — as a maker of food rules. While the book assures readers that an all-cheeseburgers-all-the-time eating pattern isn't the point, it prevents the case that science has not proven that saturated fats and cholesterol in the diet cause cardiovascular disease.



Photos courtesy of Penguin Books

"In Defense of Food" has three sections. The first describes "The Age of Nutritionism" — the concurrent rise of industrial foods and nutrition science, which Pollan said currently is about as advanced as was surgery in the year 1650 — worth a shot only if all other options have failed.

The second section purports, as Pollan said, that we don't have to "stuff our heads with chemistry" to figure out what NOT to eat.

"The variety of diets for which humans are adapted is huge, and there is no one way to eat," he said. However, "the one diet that makes people sick is the Western diet," which includes lots of refined grains, sugar, fat and salt.

The book cites studies of groups of physically healthy native people who abandoned their traditional diets, some of those diets consisting of such strange primary ingredients as animal blood and fat, for the Western diet. In a short time, they predictably got sick. For along with Western foods came the so-called Western diseases, among them "obesity, diabetes, cardiovascular disease, hypertension and a specific set of diet-related cancers." Those who later switched

back to a traditional diet, whatever it happened to be, got better. So, the argument goes, can everyone else who eats the Western diet. To do so, Pollan suggests we follow three simple rules: "Eat food. Not too much. Mostly plants."

In its third part, the book further differentiates between food and "edible food-like substances," qualifying food as something your grandmother (or your great-grandmother) would recognize. This doesn't include, as examples, GoGurt, Sara Lee Soft & Smooth Whole Grain White Bread or Twinkies, which don't break down because microscopic organisms won't eat them.

The book ends with ideas for escaping the Western diet using a series of so-called food algorithms, or ways of thinking about food, that provide different answers for different people. Rather than eating to advance a narrow definition of physical health, he said, we can eat for equally important spiritual, communal and ritualistic reasons.

"In Defense of Food" ultimately encourages readers to think critically about food using the tools they have at hand. To do so, it argues, would be to grow a healthy food culture and reclaim the power — and the responsibility — to feed ourselves.

Read more about Michael Pollan's Iowa City "Live at Prairie Lights" presentation at radishmagazine.com. Listen to the presentation at www.uiowa.edu/prairie_lights.htm. Visit the author's Web site at www.michaelpollan.com.

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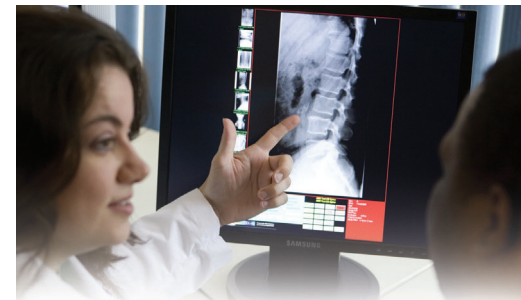


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Weighing in

Author brings 'globesity tour' to the Quad-Cities

By Joe Payne

Your perfect weight can't be attained by just going on a diet, but by also addressing the emotional, spiritual and cultural influences that affect what you eat.

That's part of the message of New York Times best-selling author Jordan Rubin, whose "Perfect Weight America" tour will stop March 25 in Moline, Ill. Based on Rubin's book of the same name, the tour, he says, is not about selling books or his health and wellness products. "I don't need to make any more money," says Rubin. Instead, he says he is committed to sharing a message of health that Americans need to hear — and to let people know that they are "killing themselves with their knives and forks at staggering rates."

"Purpose fuels my life," he says. "I think we can make a difference. Most companies ... tell a story to sell the products. We sell products so that we can tell a story. It's not economical to do this tour, but I feel like TV appearances and a book can only say so much. Shaking a hand takes it to the next level."

According to Rubin's biographical material, in 1995 he battled Crohn's and several diseases that "puzzled more than 70 doctors and specialists on three continents. When his strapping six foot frame wilted to a skeletal 104 pounds, he began a diet of healthy 'living foods' rich in vitamins, enzymes and probiotics" (dietary supplements or foods that contain beneficial, or "good," bacteria normally found in your body, according to the Mayo Clinic). By eating a whole foods diet similar to what his ancestors ate in Biblical times, Rubin says he reclaimed control over his health.

Rubin became known to millions in 2004 when he wrote the best-seller "The Maker's Diet." Unlike that faith-based book, however, "Perfect Weight America" — which hit bookstores Jan. 2 — is solely geared toward the overweight population, as well as those with metabolic syndrome and type 2 diabetes. His presentations on the tour last two hours. "I go through the program as it is introduced in the book. Eat, drink, snack for your perfect weight. Cleanse for your perfect weight. Then how to change your world, and living the message to inspire others."

Throughout his tour Rubin also is "adopting" families along the way,

sponsoring them for extreme health makeovers. He'll educate the families on grocery store shopping, cooking, dietary choices, exercise programs and other topics. His team will start with the family's refrigerator and throw out anything unhealthy. Rubin and his health and wellness company, Garden of Life, will underwrite the dietary supplement and functional food expenses for each family for a year. Other sponsors of the tour will provide everything from home exercise equipment to indoor air purifiers.

"In many homes, the average diet of processed convenience foods has resulted in fat parents, fat kids and a fat family dog who has feasted on too many leftovers," says Rubin. "What I'm concerned with is the millions of Americans who genuinely want to lose weight but are discouraged from failing on so many diets." Fighting "globesity" is the ultimate goal.

"This is more serious than losing five pounds to fit into a bikini or knocking off 10 pounds for a high school reunion," says Rubin, who noted the Pew Research Center reports that most dieters say they are at least 29 pounds heavier than they wish to be. "This country is finally realizing that weight-related diseases are skyrocketing and health costs are soaring because we have one of the poorest diets in the world."

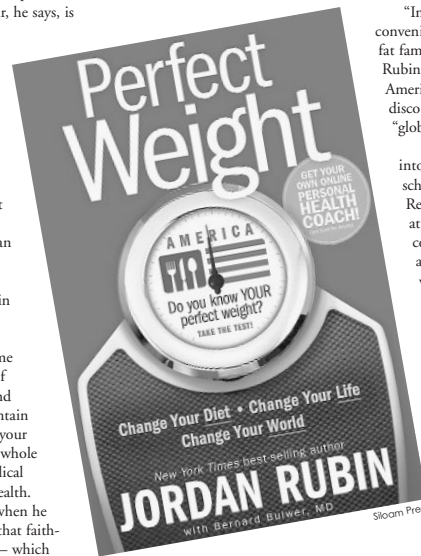
Part of Rubin's program also suggests ways to go green and promote global sustainability. He will do his part by making donations to Carbon Fund (www.CarbonFund.org) for every gallon of gas his tour bus burns in order to offset carbon usage. Along the way, he's also eating local foods whenever possible.

"I consume lots of food from local farms," he says. "I sent my book to 778 local farms who produced local dairy and meats to share with their customers for free. Most of what I consume comes from a local farm. It's really amazing what would happen if we went to farmers' markets more often."

Jordan Rubin's "Perfect Weight America" tour will be presented from 7 to 9 p.m. March 25 in conference rooms at the i wireless Center, Moline. The free presentation is open to the public and is sponsored by Heritage Natural Foods in Moline and Davenport, Iowa. Seating is limited, and reservations are required by calling (563) 344-2100.

Take a complimentary health assessment at www.PerfectWeightAmerica.com.

"What I'm concerned with is the millions of Americans who genuinely want to lose weight but are discouraged from failing on so many diets."





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food

Go green, begorra!

Healthy additions to St. Patrick's Day grub

By Brandy Welvaert

St. Paddy's Day grub traditionally focuses on the corned beef, the boiled cabbage, the caraway-studded soda bread and the suds. This year, how about adding some delicious, healthy greens to the celebration?

Green foods — fruits, veggies and legumes — provide the nutritional goods that our bodies crave without the baggage of excess calories and fat. They taste great, too.

It's estimated that "Americans get two fruits and vegetables a day, combined. We recommend five, and the goal is five to 10," says Jeni Tackett, a registered dietitian at Trinity Regional Health System in the Quad-Cities. Ms. Tackett specializes in heart-healthy, weight-loss and vegetarian lifestyle education.

Her No. 1 tip for getting more greens? "I do try to get people to switch from iceberg lettuce to spinach and romaine. Iceberg is low in nutrients such as vitamin K, vitamin A and folate — nutrients we need," she says. Start by mixing half iceberg lettuce with half leafy salad greens. Most people begin to prefer the darker greens, the dietitian says. "Eventually your taste buds adjust."

Ready for a green "a ha" moment?

Asparagus, broccoli, kiwifruit, lentils, spinach and many other plant foods provide protein. And eating a variety of fruits, vegetables, beans, legumes and grains in an array of colors daily can provide the body with all nine essential amino acids naturally present in animal protein, Tackett says.

So if you go green and like it, you've just lucked out. According to guidelines from the American Institute for Cancer Research, an ideal plate would hold about 1/3 animal protein and 2/3 plant-based foods. Not every meal will be ideal, however, so aiming for a general 1/3 to 2/3 ratio is a good way to go.

You don't have to worry about overdoing it on green, either. According to the Produce for Better Health Foundation — the people who crated the "5-a-Day" fruits and vegetables campaign — people never can get enough.

"No matter how many fruits and veggies people eat, everyone benefits from eating more. Whether it's fresh, frozen, canned, dried or 100-percent juice, it all counts," reads a recent press release from the foundation, which replaced the 5-a-Day campaign last year with a new one called "Fruits & Veggies — More Matters."

Tackett says there are easy ways to eat more green every day. For spinach and leafy greens, wraps are more fun than sandwiches. Instead of sweets at home or at your desk, try keeping fruits and veggies handy, she suggests. Once you become accustomed to eating them instead of sugary snacks, you'll crave the fruits and veggies. For a simple side, she recommends fresh-frozen vegetables that steam in a bag.

"There are some new products out there that make eating fresh vegetables easier," she says. "They're great for young families, or for people who live alone and don't want to make dishes."

See Resources, page 38, for healthy and green St. Patrick's Day recipes.



Radish

Thank goodness for greens!

Here's the nutritional lowdown on five super green foods that deserve a place on the St. Patrick's Day table.

Asparagus: ½ cup cooked asparagus provides 90 calories, 2 grams protein, 4 grams carbohydrates, 1.5 grams dietary fiber, 144 milligrams potassium, 10 milligrams vitamin C, 131 micrograms folate and 495 IU vitamin A.

Broccoli: ½ cup cooked fresh broccoli provides 23 calories, 2.4 grams dietary fiber, 2.3 grams protein, 4.3 grams carbohydrates, beta-carotene, 49 milligrams vitamin C, 53.3 nanograms folic acid, 89 milligrams calcium and 0.9 milligrams iron.

Kiwi: 2 kiwifruit provide 100 calories, no fat, 24 grams carbohydrates, 4 grams fiber, 16 grams sugars, 2 grams protein, vitamin A (2 percent daily value), vitamin C (240 percent daily value), calcium (6 percent daily value) and iron (4 percent daily value).

Lentils: ¼ cup boiled lentils provides 130 calories (5 from fat), 22 grams carbohydrates, 11 grams dietary fiber, 8 grams protein, vitamin C (2 percent daily value), calcium (2 percent daily value) and iron (14 percent daily value).

Spinach: 3 cups provides 35 calories, 135 milligrams sodium, 9 grams carbohydrates, 4 grams dietary fiber, 2 grams protein, vitamin A (60 percent daily value), vitamin C (20 percent daily value), calcium (6 percent daily value) and iron (15 percent daily value).

environment

Science Café: Relax and ask an expert for understandable explanations on climate change

By Laura Anderson

Global warming is hot right now, but understanding changes in the climate can be confusing.

Enter the Science Café, a forum for getting expert and understandable answers. "Confronting Global Warming" will be held at 7 p.m. March 18 at the Quad City Botanical Center, 2525 4th Ave., Rock Island, Ill. Admission is free.

The café will be led by Dr. Don Wuebbles, a professor in the departments of Atmospheric Sciences and Electrical and Computer Engineering at the University of Illinois at Chicago, and director of the School of Earth, Society, and Environment.

"The (climate) changes we are seeing are outside of normal variability, and are not the result of natural cycles," Wuebbles says. "The only explanation that fits the data is that climate change is resulting from the well-established increase in atmospheric concentrations of carbon dioxide and other heat-trapping gases and particles. The changes ... can only be explained by our burning of fossil fuels and other human activities."

Dr. Stephen B. Hager, co-chair of the Department of Biology at Augustana College, Rock Island, helped to organize the event, which will be hosted by Augustana and St. Ambrose University, Davenport, Iowa. "One of the frustrating things about being in academia is that it is difficult finding the time and appropriate venue to interact with the public about our research," Hager says. "The upcoming café will allow the public to interact with an academic in a manner which will be non-technical and understandable."

Global warming, Hager adds, is closely related to "politics, especially in an election year. It's related to economics, (because) reducing our carbon footprint on the environment has many indirect and direct costs on all of our lives." It's also related to "ensuring a healthy and sustainable world for our children, the use of fossil fuels for transportation and electricity."

Hager said that the café will give everyone a chance to "examine a hot topic and a contemporary issue in a relaxed atmosphere, where folks from all walks of life are welcome and encouraged to engage in conversation."

For driving directions to the Quad City Botanical Center, visit its Web site, www.qcgcgardens.com.

"Folks from all walks of life are welcome to engage in conversation."



Don Wuebbles. (Submitted)

Rock Island County Extension Programs



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March 10 - The Art and Science of Pruning - Learn pruning techniques for ornamental trees and shrubs from Chris Hilgert, UIE Horticulture Educator.

March 17 - Lost Treasures of the Heartland - Explore specialty crops with Jim Johansen, Wesley Acres; and in **Tropical Treasures**, Dave Searl, QCBC's Gardener, leads a guided tour of the stunning Sun Garden conservatory.

March 24 - Growing Herbs at Home - Kari Houle, UIE Horticulture Educator will show you how fun and rewarding herb gardening can be!

March 31 - A Tale of Two Gardens - Martha Smith, UIE Hort. Educator takes you on a journey through two Illinois gardens; while in **Garden Floral Design**, Damian Parizek, Milan Flower Shop, will show you how to make garden magic inside with arrangements using flowers from your garden.

Register online at www.extension.uiuc.edu/rockisland

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gardens

Orchid obsession

Exotic plants arouse growers' passions

By Paul Cioe

Lois and Nile Dusdieker are snoopers, not thieves. Orchid snoops, that is. And they'll share their adventures at the 33rd annual ILLOWA Orchid Society Spring Show March 29-30 at the Putnam Museum and IMAX Theatre, 1717 W. 12th St., Davenport, Iowa. Their program, "A World of Orchids: Raves for the Ridges," chronicles the Dusdiekers' pursuit of wild orchids at the Ridges Ecological Sanctuary in Door County, Wis., and around the world.

The North Liberty, Iowa, husband and wife team are medical doctors by profession. Their orchid hunts provide a mutual pursuit that gives them a chance to get out and enjoy nature on their vacations. The "orchid snoops" tag alludes to the title of Susan Orlean's book "The Orchid Thief," which inspired the 2002 film "Adaptation."

It's no secret that orchid growers name new hybrids after the rich, the famous, the best friend and of course the significant other. There are Hillary Clinton, Nancy Reagan and Jackie Kennedy orchids. There's a Richard Nixon and a Liz Taylor. There's even a Suzuki orchid, named by an Illinois grower in

honor of the man responsible for countless contingents of tiny violinists playing tiny violins.

And then there's the Blc. (for the Latin genus "Brassocattleya") Lois Lovely orchid, bred and raised by Nile and Lois Dusdieker in 1990. The green flower with a lavender lip is, in orchid lingo, registered and crossed. And it's still blooming after all these years.

While some orchids are named for the living, others are living memorials. Jim Hall, former director of the ILLOWA Orchid Society's annual show and a retired United Township High School (East Moline, Ill.) science teacher, paid tribute to his mother with her own orchid, Paph. (for the genus Paphipedilum) Memoria Neva Hall. Hall bred the orchid in his greenhouse at his home in Eldridge, Iowa, and registered it with the Royal Horticultural Society.

"The flower is a small pink slipper orchid," Hall says. "My mother loved flowers, and it just seemed appropriate to name my first cross after her. She always had a flower garden and loved the orchids I would give her."

The pursuit and naming of new varieties of orchids, however, isn't always so loving or innocent. Take the case of James Michael Kovach, a Virginia

horticulturalist who spotted a hot-pink orchid in the rainforest of Peru and brought one to Sarasota, Fla., for scientific identification. His efforts earned him both distinction and disgrace.

"It's like a little piece of immortality," Kovach told Cox News Service, referring to his large and colorful Phrag. (Phragmipedium) kovachii slipper orchid. Unfortunately, he neglected to obtain a permit to import his prize and wound up being investigated by federal authorities for international orchid smuggling. Obsessed with the object of the hunt, Kovach forgot to play by the rules, and in 2004 he pleaded guilty to violating the Endangered Species Act.

The word "obsession" comes up a lot among orchid people. It's fed by the lure of this exotic flower. "Those who love them love them madly," writes Susan Orlean. "Orchids arouse passion more than romance."

Orchids arouse such strong feelings, at least in part, through their remarkable ability to adapt to almost any environment and to enlist the help of those who can assure their survival. Hall says that orchids grow on every continent, "except possibly Antarctica."



Blc. Lois Lovely. (Photo by Nile Dusdieker)

The word 'obsession' comes up a lot among orchid people.

"They have to attract insects to have sex," Hall says. They achieve this attraction through various means: colors, shapes, sizes and textures. Some even mimic the appearance of the insects they're trying to attract. Orlean writes that they've become the biggest family of flowering plants on earth because they are good at attracting the attention of whatever insects happen to be in the neighborhood.

They may be bugs to us, but to orchids, they're agents of pollination. And no member of the 30,000 orchid species and 100,000 hybrids has ever met a pollinator it didn't like.

The Dusdiekers have snooped for orchids around the world. Although Orlean's book is set in the swampy orchid habitats of southern Florida, the road to pollination is global.

"Orchids grow everywhere from the Arctic Circle to the fringes of the Sierra Desert," according to Nile Dusdieker. "On cliffs, rocks, in trees, in the dirt." Perhaps that explains why, according to Orlean, orchid hunters have drowned, fallen to their deaths and even been murdered in their pursuit of beauty and perfection.

Thanks to cloning, most of today's commercial orchids are the product of controlled cell division in laboratories and can be obtained without risk. The result is a democratic hobby that knows no age or class distinctions — although there are still highly prized and rare varieties.

Hall says that regional orchid societies like ILLOWA are representative of the American Orchid Society and orchid lovers in general. Some members are more hooked than others, but most simply want to learn as much as they can about this exotic and well-documented hobby.

In addition to the judging of more than 500 orchids in 100 different categories, this year's show will feature a potting demonstration by Jackie Crouch of Bettendorf, Iowa. ILLOWA president Dee Haiston says you don't have to grow orchids to enjoy the show: "My husband Fred is the grower. I'm the enjoyer."



Yellow Lady's Slipper. (Photo by Nile Dusdieker)



Jim Hall admires an orchid growing in the greenhouse near his Eldridge, Iowa, home. (File)



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Wherever life takes you

March madness

Slimming for summer? Be sane about it

By Jeni Tackett

March is the peak month for dieting as department stores break out swimming suits and short shorts, and people begin to think about baring a little more skin in the warm weather.

The problem is that many people will try to follow overly restrictive diets and develop unrealistic expectations when it comes to exercise.

Yo-yo dieting is alive and well, with most dieters following programs for a short period of time, losing weight, quitting the diet due to feelings of deprivation, and gaining back more weight than they originally lost. Beware of this "March Madness" and make a commitment to truly change your habits.

You've probably heard before that you need to make lifestyle changes to truly succeed with weight loss. But have you taken those words to heart? I want you to repeat aloud, "I need to eat healthy and exercise for the rest of my life." Now pause for a few moments to let that message sink in.

You don't need to exercise just until you reach your goal weight and fit into a swimming suit that you desire. You need to exercise for the rest of your life. You don't need to eat healthy just until your daughter's wedding day or high school reunion. You need to eat healthy for the rest of your life.

How can you achieve this goal? By making gradual changes over time and sticking with them. Truly change your lifestyle for the better.

Conversely, magazine headlines often tell us that we can lose weight without effort. Here are some actual headlines:

- "Lose 10 Pounds Instantly!"
- "Flatten Your Belly in 4 days!"
- "Lose 7 Pounds in Half a Week!"
- "2 New Workouts with Instant Results!"

It's no wonder so many of us fall into the trap of yo-yo dieting. People often either eat too much and don't exercise or expect to exercise every day and eat a low-calorie diet. This plan is a set-up for failure.

For success, try to find a middle ground. Follow a meal plan that does not starve your body. Rather than eat a very low-calorie diet of 1,200 calories or fewer, consistently allow yourself 1,500 to 1,800 calories. Include some foods you really enjoy in smaller portions.

Instead of going from working out zero days a week to seven days a week, set a goal of three days per week. If you work out four days, then you've surpassed your goal! The trick is to make goals you can reach rather than striving for unrealistic ones that will leave you feeling like a failure.

To continue changing your health over time, each month look at your diet and exercise and make two goals to improve your lifestyle. If you reach those goals after four weeks, then set a few more goals for the next month.

It's important to change the way you think so you can stop the dieting madness.

Nutrition tips for weight loss

- Keep a food and exercise diary to learn more about your habits.
- Fuel your body all day long, eating $\frac{3}{4}$ of your calories before your evening meal.
- Try not to go more than four to five hours without eating.
- Eat food from the food guide pyramid at every meal with larger portions of grains, fruits and vegetables. (Eat at least 5 servings of fruits and veggies a day.)
- Pack a healthy lunch for work, and bring healthy snacks in your car.
- Drink plenty of water.
- Watch your portions when eating out and make wise menu choices.
- Do not buy food that will tempt you.
- Make a commitment to get outside this spring, increase your activity and do something you enjoy.



Stockphoto

Jeni Tackett is a registered dietitian at Trinity Medical Center in the Quad-Cities.

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health & fitness

The rule of too

Slowly return to running — or pay the price

By Mike Shaffer

So spring arrives this month and you are ready to get back into your outdoor running routine. Of course the ideal method of preparation for running in the spring is to stay active over the winter. But if you are like most people, you are a fair-weather runner. You enjoy running outside, but the monotony of the treadmill is simply too much to bear during the long winter months.

Before you simply jump back into the running routine from last fall, however, remember the “Rule of Too” — “too much, too fast, too soon, too bad.” To prevent injury, you will need to slowly increase your activity levels.

Just as your cardiovascular fitness deconditions with inactivity over winter months, so too do your tissues decondition from disuse. The negative effects of disuse are readily apparent in the muscles of our bodies. But other connective tissues, most notably bones and tendons, also will “weaken” with disuse. And unfortunately the process by which these other tissues remodel and strengthen can be just as slow as the muscles’. If activity is resumed too quickly — before the muscles are capable of absorbing the stress of an activity like running — tendon strains and stress reactions to bones may result.

How then should you go about preparing to run outdoors again? If the weather already has improved and you simply can’t resist the urge to be outdoors, go for a long walk — or go for a short run at a slower pace than you did in the fall. Lower-level workouts such as these allow you to be outdoors without overly stressing your connective tissues. If you can stand to be patient, you will be rewarded in the long run with less missed time from your workouts due to injury and the ability to have your workouts keep pace as your fitness levels return. Think about it: You can delay your intense runs by one to two weeks or miss six weeks of running altogether due to a stress fracture. Seems like an easy choice.

If the weather is substandard, don’t allow that to be your excuse for not progressing, thus perpetuating the problems of the winter. Instead, use the time indoors to stretch muscle groups that are tight for you. Flexibility of the hamstrings, quadriceps and gastrocnemius (or calf muscle) is particularly important for runners. Also use the time indoors to address your core stability, as your abdominal muscles have deconditioned similarly as have your leg muscles. Fortunately or unfortunately, the evidence of that process is sometimes buried beneath a layer of “winter insulation.”

Use the time indoors to strengthen your lower extremities by performing toe raises, wall sits and lunges. These exercises allow you to address most major muscle groups of the lower extremities without any home equipment or a gym membership.

Finally, consult with a local professional to ensure that you are wearing the right shoe for your foot type and that your shoes are as prepared as you are for another season of running.

If, on the other hand, you are one of the dedicated few who continued to exercise regularly over the winter, then you probably already are ready to advance to your outdoor running workouts.

In either case, once you do head outside to run, follow these simple rules for gradual build-up:

- Run on a level surface at a moderate intensity.
- Run only on alternate days to allow for recovery time between your workouts.
- Use your “off” days from running to cross train with biking, swimming, etc.
- Since running downhill produces the highest ground reaction forces, integrate such running very cautiously.
- Once you have successfully started running regularly, advance the speed or intensity of your workouts by no more than 10 percent per run.

Turn to Resources, page 39, for Web sites offering flexibility and conditioning exercises.



body, mind & soul

Lie down, be counted

Join the (lack of) movement on National Napping Day

By Jim Courter

One of my favorites among life’s small pleasures is learning that the scientific community has validated some personal habit of mine that I wasn’t sure was in my best interests. So it was a while back when I heard about the results of a study on napping.

After monitoring the effects of napping in more than 20,000 Greek adults for about six years, researchers concluded that those who took a half-hour nap at least three times a week had a 37-percent lower risk of dying from heart attacks or other heart problems than those who didn’t nap.

For years now I’ve taken cat naps of 10 to 20 minutes at least once a day, and often more frequently. For all those years a voice in my head has nagged me that my napping habit puts me out of step with our culture’s ethic of work and accomplishment. It’s a concern that I suppose is summed up by that Bible proverb that says, “A little sleep, a little slumber, a little folding of the hands to rest, then poverty will come as a robber.”

Unfortunately, what sneaks up on me as a robber are post-lunch doldrums and drowsiness. When that happens, thanks to my having a job with a flexible schedule and a private office, I can fend off that robber with a nap. I stretch out on the floor on an inflatable mat. Sometimes I lean back in my swivel chair with my feet up on my desk. In a pinch, I’ll put my head down on my arms on the desk, the least satisfying position for napping, although it seems to work pretty well for some of the students in my classes.

In this regard, I have it better than the great majority of working Americans. The idea of allowing employees to nap at work is still mostly unacceptable in our fast-paced, high-octane economy.

Thanks to the work of Camille W. Anthony and William A. Anthony, Ph.D., of The Napping Company, it’s possible to imagine the day when that may change, when sleeping on the job, instead of being grounds for firing, will be encouraged because it promotes creativity and enhances efficiency,

among other benefits.

They report that Americans get about an hour less sleep than the recommended eight and argue that it is bad for business because it contributes to lower productivity, higher absenteeism and more frequent work-related injuries. Their two books, “The Art of Napping” and “The Art of Napping at Work” promote napping as a cure for our sleep-deprived culture. They cite examples of enlightened, nap-friendly companies that provide nap tents, nap rooms, even “napnasiums.” They are also among the promoters of National Napping Day, observed the Monday after the arrival of daylight-saving time because we’ve had one less hour to sleep the night before. And they cite the examples of such famous nappers as Thomas Edison, Winston Churchill, JFK, Ronald Reagan, Bill Clinton and “Napoleon,” and note that Brahms napped at his piano while composing his lullaby.

I like knowing that my napping puts me in such company, and that napping is good not only for my heart but also for my performance on the job. What I like even more is that my naps are a slowing down and an escape — no matter how brief — from all this striving for money and things and accomplishments.

Still, there’s that proverb: “A little sleep, a little slumber, a little folding of the hands to rest ...”

No problem. A strict reading suggests that all of those elements must be in place for poverty to come as a robber. So when I pull the shades at home or at work and settle down for an afternoon nap, I don’t fold my hands.

National Napping Day will be observed in homes and private offices March 10. For more information, visit www.napping.com or e-mail info@napping.com.

“My naps are a slowing down and a brief escape from all this striving for money and things and accomplishments.”



food

Hogwash

All hams are not created equal

By Brandy Welvaert

Nothing's simpler than a ham sandwich. The day after Easter, it's the leftover of choice. Slice, pile and eat.

But ham, upon closer examination, is complex. What begins as the back leg of a hog goes through a transformation before it lands on the table as the traditional protein of springtime feasts.

Chef Donna Duvall calls the hams we see in supermarkets "city" hams. "What they are is water-added hams," says the Spragueville, Iowa-based chef and owner of Food Fancies personal chef service.

Because most pork has been bred leaner over the last 20 years, largely to compete with health claims of already-lean chicken, the flavor and texture of commercial hams especially stand to benefit from a wet cure, also known as a brine cure. The processor injects the ham with a solution including water, salt, sugar, nitrate and nitrite, among other ingredients whose names don't bring to mind a recognizable food. According to the USDA, nitrate and nitrite impart the characteristic flavor and color of ham — which it defines as a cured product — and nitrite inhibits *Clostridium botulinum*, "a deadly microorganism that grows in foods under certain situations."

According to Maurice Finn, meat and seafood coordinator at New Pioneer Food Co-ops in Coralville and Iowa City, Iowa, many hams consist of pressed-together meats. Eaters can't assume that a ham is a cut rather than a conglomeration and need to read the label, Finn says.

Echoing warnings repeated over the last 30 years, Duvall says we should avoid not only nitrates, but all water-added hams. "People want to stay away from (nitrates) because ... there's at least the rumor of association with that being carcinogenic." Mayo Clinic advises people to avoid nitrates and nitrites in their diets to prevent stomach cancer.

New Pioneer sells nitrate-free hams brined in salt and maple sugar as well as dry-cured hams, all from Niman Ranch, a network of farms that use sustainable methods to raise cattle, including hogs. Also for sale at New Pioneer are uncooked, smoked and antibiotic-free hams from Beeler's (www.beelerspurepork.com), located in Le Mars, Iowa, and several hams from Amana Meat Shop & Smokehouse, Amana, Iowa. Niman hams are most expensive, with Beeler's next and Amana on the low end, Finn says.

Duvall notes that "hormone-free" is not a meaningful label for pork because, as a rule, hog producers do not use growth hormones. Antibiotic-free, however, means something, because hogs raised in confinement operations (also called CAFOs) get antibiotics regularly.

To recap: if you want a healthier ham, look for nitrate-free hams in natural food stores. Local lockers are another source for hams.

Fresh ham, or fresh leg of pork, may be ordered ahead of time from natural foods stores and lockers, as well. And it's wise to call well in advance to make sure you get what you want, Finn says.

Most wet-cured hams are pre-cooked, while dry-cured hams are uncooked yet preserved. Home cooks usually bake and glaze both types. Fresh leg of pork, on the other hand, is a fresh roast, Duvall says. "That ham portion is very meaty." Complex recipes abound for fresh leg of pork. (James Beard's 1965 recipe for

Roast Fresh Ham is available online at www.epicurious.com.)

To craft the best meal from your local, nitrate-free Easter ham, therapist and doctoral student Almaz "Mimi" Getachew of Iowa City has a few ideas. Getachew will teach a cooking class, "Fine Restaurant Quality Meat and Seafood at Home," from 6 to 8 p.m. March 11 at New Pioneer Co-op, 1101 2nd St., Coralville.

First, she says, choose a bone-in ham for moistness and flavor. "Bone has marrow, and when you cook marrow, it has moisture in it."

Duvall agrees. "The argument against (bone) is convenience. They say 'you're paying for the bone,' but the bone has flavor. Bone equals flavor, so I'd just as soon cut around that bone. I can slice around it in a minute-and-a-half with my electric knife."

"Try to find it as locally grown as you can," Duvall says, "because that's the way you'll have the best meal and feel the best about it. You'll be feeding your family well and supporting the local economy."

For Almaz "Mimi" Getachew's Easter recipes, see *Resources* page 39.



istockphoto

homes

Sun bathing

Save money and energy with solar water-heating

By Bob Ramlow, Natural Home magazine

Imagine filling your bathtub full of steamy water, knowing you did it without creating pollution or wasting money. Solar water heaters can supply hot water to your tap for less money while helping you reduce your contribution to global warming by decreasing the amount of nonrenewable energy you use.

Solar water-heating systems use clean, free sun-energy to heat water. Heating water for bathing and washing dishes and clothes comprises about 15 percent to 20 percent of a household's total energy use. A solar water-heating system is the most cost-effective renewable-energy investment a homeowner can make.

The upfront cost for a system and installation is steep, typically ranging from \$4,000 for a small system to \$20,000 or more. However, you'll enjoy an instant increase in home equity, and you'll immediately reduce utility bills while also protecting yourself from energy rate increases because there are no monthly bills. Once the system has paid for itself in savings, the hot water your solar system provides costs nothing. The average solar system pays for itself in five to 15 years, depending on its type and the financial incentives in your area.

Many people finance these heating systems and make monthly payments. The energy savings usually offset the loan payment and expenses don't increase.

Harnessing the sun

Solar collectors need direct sun to work. They're mounted on a rack in a sunny spot, either on a roof or in the yard. Insulated piping connects collectors to a storage tank near the existing water heater. A pump circulates antifreeze or water through the collectors when the sun shines. This hot solar fluid then goes through a heat exchanger to preheat your water and store it in a tank for later use.

A solar professional can assess your home to determine the best location for the system, give you a cost estimate and determine what services a solar system could provide at your house. Solar collectors should be mounted within 30 degrees of true south and tilted at an angle equal to your latitude.

Solar water-heating systems aren't designed to provide all of a home's water. A typical system provides 50 to 75 percent of the annual load. The amount of energy a solar system can provide depends on climate and time of year. In warmer climates or during summer, expect your solar water heater to provide nearly all of your needs; during overcast periods, output can decrease to 50 percent. You'll need a backup water heater for use during cloudy weather.

A solar water-heating system also can contribute to space heating through your forced-air furnace, radiant floor or other type of heating system. It won't replace your current heating system, but it will preheat the fluid or air that's heating your home. This means your current system does much less work, saving money and fossil fuel.

Selecting a system

Climate is the most important consideration when selecting a solar water-heating system. In climates that stay above freezing year-round, the system's solar fluid can be water. Where temperatures plunge, you'll have to drain the system or



Natural Home magazine

use an antifreeze mixture. The many system types make it economically viable to use a properly-installed solar water-heating system anywhere in North America.

Experienced professionals know which solar heating systems work best in your climate and can inform you of potential state or local incentives for renewable energy installations. Incentives are often offered through state programs or utilities. To find out what's available in eastern Iowa and western Illinois, visit the Database of State Incentives for Renewables and Efficiency Web site, a source of information on state, local, utility and federal incentives for renewable energy and energy efficiency (www.DSIREUSA.org).

The current federal tax credit, applicable until Dec. 31, 2008, pays for 30 percent of the cost (up to \$2,000) of a residential solar hot-water system, provided it meets 50 percent of the home's water heating needs and uses certified collectors.

Solar water heaters can last 40 years or more. A solar investment keeps energy dollars at home and reduces use of foreign oil. You'll spend money to heat your water in any case, so why not choose to do it with solar energy?

Excerpted from Natural Home, a national magazine that provides practical ideas, inspiring examples and expert opinions about healthy, ecologically sound, beautiful homes. To read more articles from Natural Home magazine, please visit www.NaturalHomeMagazine.com or call (800) 340-5846 to subscribe. Copyright 2007 by Ogden Publications Inc.

Table to Table

Iowa City group saves food so others may eat

By Lindsay Hocker

Table to Table has a mission: to see the problems of food waste and hunger solve each other. The Iowa City non-profit organization picks up surplus food from area businesses and distributes it to groups that feed those in need.

"We want to keep wholesome food from going to waste," says director Bob Andriik. The organization, which is a United Way agency of Johnson County, consists of a small staff and about 60 volunteers. To receive food, the 25 agencies that Table to Table serves must help people who are hungry, homeless or at-risk. Table to Table does not charge the agencies for the food they receive.

In 2007, Table to Table collected 671,882 pounds of food, which Andriik says equals 449,000 meals — a \$1 million impact on agencies served. Such redistribution "creates a value much more than the food alone," he says, because served agencies can cut back on food spending and use those funds elsewhere. For example, the Domestic Violence Intervention Program was able to cut its budgeted food line item from \$25,000 to \$15,000 and use the saved money to hire another counselor.

Table to Table has a green aspect as well. The food collected in 2007 would have cost about \$13,000 in landfill-related costs had it not been salvaged. "It's a win-win all the way around," says Andriik.

Table to Table receives funding from private donations, grants and fundraising efforts. Each year the organization holds a benefit dinner in March. This year's theme was "Asian Fusion."

Every week, the group retrieves between 14,000 and 16,000 pounds of fresh, frozen or prepared food from various businesses, including area food distributors, restaurants, grocery stores and bakeries. After being processed for safety, the food is delivered to community social service agencies and low income housing sites.

Andriik says volunteers are the "lifeblood of how we move the food," which is transported in Table to Table vans, one of which recently was purchased with money from an anonymous grant.

Table to Table board member and volunteer Ben Fish picks up food from the University of Iowa's Iowa Memorial Union every Sunday and transports

it to the Salvation Army. Fish began volunteering with Table to Table three and a half years ago after accompanying a friend on a route. He picked up a route of his own and says he likes being able to give something back to the community.

"If you're able to help, it's something you ought to be doing," he says. He added that when his children get older he will take them on his route so they can learn about volunteering. "It's a good lesson I can teach my kids."

Table to Table is the first centralized food collection organization in Iowa and was formed in 1996. Andriik — who would like to see similar organizations formed in other cities — says he loves what he does because he knows his work during the day will help someone eat that evening. The generosity of the donors always amazes him, along with the inexplicable timing that often occurs when an agency calls in a food request and then a

business owner calls shortly afterward, wanting to donate a similar item.

Fish joined Table to Table's board last fall because he wanted to be involved with fundraising efforts in addition to volunteering for a route. For him, the most rewarding part is "knowing the effort I'm putting in is helping someone who probably needs a hand."

For more information about Table to Table, visit www.table2table-ic.org or call (319) 337-3400.

"We want to keep wholesome food from going to waste."



A Table to Table volunteer organizes a load of donated juice. (Photo courtesy of Table to Table)

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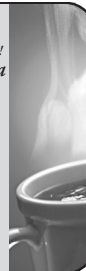
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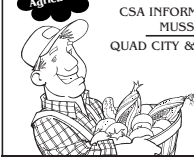
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pets

Dog breath?

Don't ignore your pet's oral health

By the American Veterinary Medical Association

From eliminating pain to improving an animal's overall well-being, pet dental health is gaining increased attention these days.

Gone is the time when veterinary dentistry was little more than an occasional cleaning or pulling of the teeth, according to a report in the Journal of the American Veterinary Medical Association. Today, with advances in technology and veterinary education, veterinary dentistry has evolved into comprehensive treatment of periodontal and other dental diseases.

"The days of clean-and-pull or watchful waiting in the case of fractured teeth have been replaced by prevention, recognition and treatment of dental disease and painful oral conditions," writes lead author Sharon Hoffman, DVM, a diplomate of the American Veterinary Dental College, in "Myths and Misconceptions in Veterinary Dentistry."

A pet's mouth, Hoffman says, deserves the same attention as the rest of the body. Pets, she said, should receive an oral exam each time they visit the veterinarian.

"Recognition and appropriate treatment of oral and dental disease in companion animals are important to overall patient well-being and comfort," she said. "There are all these things we can do to help pets with their dental problems. We know more than we did 20 years ago."

Brushing your pet's teeth

Step 1: Introduce a brushing program to pets gradually. Avoid over-restraining your pet and keep brushing sessions short and positive. A cat or small dog can be held in your lap. Praise and reassure your pet throughout the process.

Step 2: At first, dip a finger into beef bouillon for dogs or tuna water for cats. Rub the soaked finger gently over the pet's mouth and teeth. Make the initial sessions short and positive.

Step 3: Gradually, introduce gauze over the finger and gently scrub the teeth in a circular motion.



istockphoto

Advances in veterinary dentistry are helping dispel common misconceptions about what can and what should be treated, Hoffman said, including the idea that a broken tooth is no big deal for a dog or cat. Fractured teeth in pets are just as serious as they are for pet owners.

"We now know the pain of a fractured tooth is just as severe as it is in people," Hoffman said. "Pets with fractured teeth will still eat, they will still work, but they will do so in pain."

One of Hoffman's primary messages for pet owners is never to underestimate the importance of an animal's oral health.

"Oral health is important — in both people and animals," Hoffman said. "Oral disease is the most prevalent disease in pets. It is the leading cause of mouth pain, and it can be the sign of other underlying medical issues."

There are several ways you can care for your pet's teeth every day. A complete home dental care program for your pet often will include brushing as well as a special pet food that helps care for your pet's teeth while he or she eats.

Even if you aren't able to brush your pet's teeth every day, by incorporating a special pet food into your pet's daily routine, you can provide the dental care needed to keep your pet healthy. Be sure to talk with your veterinarian about the options that exist and which are right for your pet.

Source: www.PetDental.com

good business

Locavores find place-based foods at indoor farmers' markets in Davenport, Iowa

By Brandy Welvaert

The heavy scents of smoked bone and marrow slammed up against those of lively lavender, fruity wines, brewing coffee and slow-cooked beef. Under a cloud of commingling smells, shoppers connected with local growers selling their wares Feb. 2 inside the bustling Freight House, 421 W. River Drive, in downtown Davenport, Iowa. The event was the first in a series of markets organized by the growers and Davenport's Levee Improvement Commission.

The next winter markets at the Freight House, a former railroad stop, will be held from 10 a.m. to 3 p.m. Saturdays, March 1 and April 5. Regular farmers' market season picks up in May in the parking lots west of the building.

"It's going really well. There's a big crowd today," said Norman Sawyer, who sold antibiotic- and hormone-free beef that he and his son, Neal, raise in Princeton, Iowa. "People are wanting to become locavores," Sawyer said.

The winter market helped link hundreds of would-be locavores to sources of close-to-home deliciousness. For sale were wines, cheeses, brussels sprouts, honey, pork, muffins, cookies, plants, bulbs, kettle corn and more. Even pets had the chance to eat locally with those pungent, smoked bones.

"I didn't bring enough. I would have brought more," said Teresa Tubbs, owner of Baja Hut, whose poundcake-like breads nearly were sold out by 1 p.m.

"I love the market," said winemaker Dorothy O'Brien of Wide River Winery, Clinton, Iowa, adding that connecting with people is one of its best benefits.

Rich Cook of Davenport sampled and sold his freshly roasted Redband Coffee. "This is my first market experience," said Cook, adding that the market crowd seemed knowledgeable about coffee. "There is a thread that runs through all my customers," he said. "When I start talking about the coffee, about how we do it, you can see there's a smile. It just turns up a little bit."

Winter farmers' markets will be held from 10 a.m. to 3 p.m. Saturdays, March 1 and April 5, at the Freight House, 421 W. River Drive, Davenport.



A winter farmers' market held Feb. 2 at the Freight House, Davenport, featured Crandall Farms' honey and other local foods. (Photo by Jeremy Welvaert / Radish)

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That's eco-tainment!

See 'King Corn' at Environmental Film Fest 3

By Radish staff

Corn, electricity, oil and vinyl siding. A strange collection of items, for sure, each implicated by a filmmaker in environmental derring-do.

These topics and more will comprise the third-annual Environmental Film Fest, an event sponsored by the Eagle View Group-Sierra Club, Radish and the Unitarian Church, 3707 Eastern Ave., Davenport, Iowa, where the event will be held from 10:30 a.m. to 6:30 p.m. March 29. Greatest Grains, Davenport, will provide eco-friendly munchies.



Ian Cheney and Curt Ellis in 'King Corn.'

New this year, grown-up environmentalists can bring the young 'uns along for "Kid-E" films. These movies will take children on a tour of the first Eco Home, show them how recycling works and allow them to explore the mountains with wilderness troubadour Walkin' Jim.

Also new this year, businesses and organizations will share products and ideas for healthy, sustainable lives. Resources will be provided by The Blue Can Group, Eagle View Group, ePower Synergies, Inc., Oak Hill Acres CSA, Keep Scott County Beautiful, Keep Rock Island Beautiful, Radish magazine and others.

Feature films

- **"Who Killed the Electric Car?"** The story of the car, its place in history and how car culture in the U.S. enables a continued addiction to foreign oil. The film calls to task officials who squelched the Zero Emission Vehicle mandate, the government, car companies and Big Oil, as well as consumers who turned their backs on the electric car and embraced, instead, the SUV. Bruce Wood and Amy Nielsen of ePower Synergies, Inc., will host this film and a question-and-answer period afterward.

- **"King Corn."** Ian Cheney and Curt Ellis, college friends on the East Coast, move to Iowa to learn where food comes from. With the help of neighbors, genetically modified seeds and powerful herbicides, they grow a bumper crop of America's most-productive, most-subsidized grain on one acre. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat — and how we farm.

- **"A Crude Awakening."** Some of the world's top experts in economics and government come to a startling conclusion that our industrial society, built on cheap and readily available oil, must be completely re-imagined.

- **"Blue Vinyl."** With humor and chutzpah, a filmmaker and cinematographer set out — a piece of vinyl siding firmly in hand — in search of the truth about polyvinyl chloride (PVC), America's most popular plastic.

- **"Kilowatt Ours"** (national edition). Filmmaker Jeff Barrie travels across the U.S. to discover solutions to our energy-related problems. This film shows practical ways to reduce energy bills.



'A Crude Awakening.'

Kid-E films

- **"Going Green: Every Home an Eco Home."** Middle-schoolers tour the original Eco Home and learn some simple, inexpensive ways to become more earth-friendly in the city. Narrated by Tony Shalhoub ("Monk").

- **"Come Walk With Me."** This award-winning video was filmed in the mountains of Montana and includes the children's music of Walkin' Jim Stoltz, spectacular wildlife footage, wilderness scenery and action with Jim and his young friends.

- **"Where Does Our Garbage Go?"** This film will take kids on two trips: to the landfill with garbage and to the recycling plant. Children lead the way and provide commentary. New Yorker cartoonist Ed Koren's "furry creature" provides the facts, and award-winning "Sesame Street" songwriters provide the catchy music and lyrics.

- **"The Magic School Bus Holiday Special."** Wanda's nutcracker accidentally gets recycled. When Wanda wishes recycling never existed, Ms. Frizzle and the class show her what a world would be like without recycling.

Admission to the Environmental Film Fest is free, but donations will be accepted. Parking will be available at the Unitarian Church. For screening times for each film and more information, visit www.illinois.sierraclub.org/eagleview.

Watch a special report on the Environmental Film Fest at 10 p.m. Tuesday, March 25, during "Living on Earth," WQAD NewsChannel 8's environmental series.

rooting around

Pulitzer-winning author will speak at WIU Environmental Summit

Pulitzer Prize-winning journalist Thomas Hylton will be the keynote speaker at "Envisioning Sustainable Communities," the 5th Annual Western Illinois University Environmental Summit April 2-3. The summit will be held from 9 a.m. to 4 p.m. April 2 at the University Union at the WIU campus in Macomb, Ill., and will feature Hylton and other speakers, presentations, a green products expo and an interactive exercise, "Envision a Sustainable WIU." A brown-bag luncheon featuring Hylton will begin at noon April 3 in Room 102 of the WIU-Quad Cities Campus, Moline, Ill. Both events are free and open to the public. Hylton is author of "Save Our Land, Save Our Towns," a plea for comprehensive planning to save cities, towns and countryside. For more information, contact Mindy Harpman, (309) 833-5798.



Submitted

Garden Growers offers workshop

Beginning and advanced vegetable gardeners can enjoy a day of workshops Saturday, March 8, from 8:30 a.m. to 3:15 p.m. at the Iowa State University Scott County Extension Office, 875 Tanglefoot Lane, Bettendorf, Iowa. Topics will include soil preparation, produce, composting and vermicomposting, invasive plants, vegetable heirlooms, growing the perfect apple and help for sick plants.

The workshop is \$35 for the entire day, with lunch, or \$20 for the afternoon only. To register, send a check or money order to The Garden Growers, 214 W. Central Park Ave., Davenport, IA 52803. For more information, call (563) 322-2012, e-mail gardengrowers@netexpress.net or visit www.qcgardengrowers.org. The Garden Growers, a non-profit community gardening organization in Davenport, also now is accepting reservations for summer community garden plots.

RAGBRAI XXXVI overnight stops include LeClaire, North Liberty and Tipton

RAGBRAI, The Des Moines Register's Annual Great Bicycle Ride Across Iowa, will pedal across the state July 20-26 and stop overnight in Missouri Valley, Harlan, Jefferson, Ames, Tama-Toledo, North Liberty, Tipton and Le Claire. The ride spans 471 miles of beautiful Iowa countryside, with riders traveling about 68 miles per day. According to the ride's Web site, RAGBRAI is the longest, largest and oldest touring bicycle ride in the world. RAGBRAI officials have to set a limit to the number of week-long riders to 8,500. The ride began in 1973 when two writers for the Des Moines Register challenged each other to ride bicycles across Iowa and write about it. That first ride ended in Davenport, and thus a tradition was born. April 1 is the deadline for online entry submission. For more information and to register, visit www.ragbrai.org.



Nathan Williams / Radish

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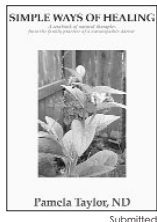
Book offers simple ways of healing with natural techniques

Mini-review: "Simple Ways of Healing: A Textbook of Natural Therapies" by Pamela Taylor, N.D.



Pamela Taylor, N.D., spent seven years writing "Simple Ways of Healing: A Textbook of Natural Therapies" to give families and others interested in effective and inexpensive natural healing techniques a comprehensive reference book they will use again and again. (Taylor received her doctorate in naturopathic medicine from the National College of Natural Medicine in Portland, Ore.) The spiral-bound book is 346 pages and has an extensive index that makes finding conditions and their remedies easy. Readers of this book usually will find several ways to deal with a symptom or condition, as "Simple Ways of Healing" thoroughly explains why and how to use hydrotherapy, poultices, inhalations, Schussler cell salts to balance the body's biochemistry, homeopathy to trigger a healing response, and herbs and essential oils for the prevention and relief of acute and infectious conditions. For example, a cough may be relieved by cell salts, hydrotherapy or essential oils, or by combining all three. While readers already may have what they need in their medicine cabinets or among their kitchen herbs and spices, there is a section on resources for ordering products and books. There also are guidelines for assembling a natural home care kit. Section six, "Your Healing Garden," describes how to plant, harvest and prepare homemade herbal remedies and on its own can save the reader the cost of the book. I give this book five "Radishes" for its complete discussion of natural ways to achieve better health inexpensively and effectively at home. The elderly, middle-aged and those with children will use this book again and again. "Simple Ways of Healing" is \$49.95 online at www.midwestbotanicals.com or by calling (309) 797-3271. Visit the Web site or call for more information about monthly workshops on the book being held in Moline, Ill.

— Ellen Graham



Submitted

QCCA Flower and Garden Show returns to Rock Island March 14-16

The 19th annual QCCA Flower and Garden Show will spring to life March 14-16 at the QCCA Expo Center, 2621 4th Ave., Rock Island, Ill. The annual show is a one-stop shop for lawn, garden and landscape information, products and advice. Speakers will include Ann Marie VanDerZanden, Ph.D., assistant professor of horticulture at Iowa State University in Ames. VanDerZanden, co-author of "Landscape Design: Theory and Application," will speak from 5:30 to 7 p.m. March 14. Also on Friday, Ron Fischer, former head of the Illinois Beekeeping Association, will speak about keeping bees and flower pollination at 4:30 p.m. Liz Hunt, horticulturist with Ball Horticulture Company, Chicago, will speak about container gardening from 10:30 a.m. to noon and from 1:30 to 3 p.m. Saturday. Also on Saturday, a panel discussion on turfgrass, landscaping, hardscaping, ponds and perennials will be held from 3 to 4 p.m. Moderating will be Bill Calkins with

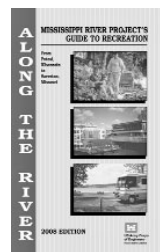


Liz Hunt (Submitted)

Ball Horticulture, who will speak about gardening trends immediately following the panel at 4 p.m. On Sunday show-goers can hear Sandy Danckawart share tips and tricks for organic and environmentally-friendly gardening from 11:30 a.m. to 12:30 p.m. Danckawart is a representative with Bonide Products, Inc., a company specializing in lawn and garden chemicals. Show hours are 10 a.m. to 9 p.m. Friday, March 14; 10 a.m. to 8 p.m. Saturday, March 15; and 10 a.m. to 4 p.m. Sunday, March 16. Cost to attend is \$6 for adults and \$1 for ages 6 to 16. Advance adult tickets will be sold for \$5 at Quad-Cities Hy-Vee and Burke Cleaners locations and at Wallace's Garden Centers in Bettendorf and Davenport, Iowa. Parking is free at the show and in the Rock Island city ramp at 17th Street and 3rd Avenue. Free MetroLink buses will run between the ramp and the show. For more information, visit www.tmqc4.info/index.php.

Get ready to camp! 2008 guide gives you the lowdown on the best places

With camping season right around the corner, Mississippi River Project's 2008 Guide to Recreation, "Along the River," now is available. It's full of valuable information about Corps camping and recreation areas along the river from Potosi, Wis., to Saverton, Mo. Each campground listed has its own write-up, giving you a description, map, costs and things to do in the surrounding area. There's also contact information to get in touch with the Mississippi River Project's staff, instruction for how to make camping reservations, location of boat launches, informational articles and plenty of other recreational opportunities. To get your copy, e-mail your name and mailing address to mvrodmm15@usace.army.mil, or visit www.missriver.org.



Submitted

Online petition demands Congress label cloned animal products

Don't like the idea of eating cloned foods? Tell Congress what you think. Join TrueMajorityAction by signing the group's online petition, which demands that Congress pass a law to require specific labeling on all products from cloned animals. To sign the petition, or for more information, visit act.truemajorityaction.org/t/50/campaign.jsp?campaign_KEY=1222. For years, the FDA has asked major cattle cloning companies to keep their products off of the market, according to the Cornucopia Institute of Wisconsin. TrueMajorityAction is a group dedicated to "building a safer and more secure home and world." For more information about cloned foods, visit the Cornucopia Institute Web site, www.cornucopia.org, and read "Cloning: Anything but Natural," by organic farmer Jim Goodman of Wonewoc, Wis.

New tool helps farmers predict profitability

A new, free-to-use Produce Profitability Calculator, online at www.iastatelocalfoods.org/calculator, allows farmers to input planting scenarios and then view financial outcomes. The Leopold Center for Sustainable Agriculture in Ames, Iowa, aided research to create the calculator that gives farmers the help they need when deciding when and how much to plant. The calculator also can help them set prices for goods. A user's manual is available at www.leopold.iastate.edu/research/marketing_files/profitability_0108.pdf.

calendar

BODY, MIND & SOUL

Foundations of Yoga Workshop, 10 a.m.-4:30 p.m. March 2, Galena Yoga Center, 306 S. Main St., Galena, IL; (815) 777-4856, www.GalenaYoga.com, galenayoga@mchsi.com. \$65.

Laughter Yoga, 9-9:30 a.m. Wednesdays (except March 12), The Center for Living, 2008 4th Ave., Rock Island, IL; (309) 788-LIFE, (563) 340-7816, www.center4living.com, dino@center4living.com.

De-cluttering and Organizing Using Feng Shui, 6-9 p.m. Wednesdays, March 12-26, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA; (563) 742-5800. Receive a new insight and motivation to move and remove what blocks the free flow of life energy or "chi" in your living space. Registration required. \$75 for three weeks.

An Expedition Toward Stillness: Foundations of Meditation II, 12:30-4:30 p.m. March 29, Galena Yoga Center, 306 S. Main Street, Galena, IL; (815) 777-4856, www.GalenaYoga.com, galenayoga@mchsi.com. \$45, \$55 after March 10.

FOOD

Dining in the Plant Kingdom: How and Why with Dave Burt, 6-8 p.m. March 4, New Pioneer Co-op and Bakehouse, 1101 2nd St., Coralville, IA; (319) 338-9441 ext. 36, newpi.com, scatlett@newpi.com. Learn to create flavorful meals with plants. Registration required. \$15.

Learn Great Foods Retreat: Culinary Escape, 6 p.m. March 7 to 2 p.m. March 9, Avery Guest House, 606 S. Prospect St., Galena, IL; (231) 758-3407, www.learngreatfoods.com.

Fine Restaurant Quality Meat and Seafood at Home, 6-8 p.m. March 11, New Pioneer Co-op, 1101 2nd St., Coralville, IA; (319) 338-9441 ext. 36, newpi.com, scatlett@newpi.com. Registration required. \$20.

Cupcake Extravaganza, 6-8 p.m. March 12, New Pioneer Co-op, 1101 2nd St., Coralville, IA; (319) 338-9441 ext. 36, newpi.com, scatlett@newpi.com. Join vegan Jennifer Bedet for egg- and dairy-free baking. Registration required. \$15.

Capture Wild Yeast and Make Sourdough Bread, 6-8 p.m. March 13, New Pioneer Co-op and Bakehouse, 1101 2nd St., Coralville, IA; (319) 338-9441 ext. 36, newpi.com, scatlett@newpi.com. Create your own starter and rustic bread using wild yeasts. Registration required. \$15.

Spring Cooking Class and Brunch with Chef Donna Duvall, 10 a.m. March 30, Hand & Spirit Gallery, 108 W. Market St., Mount Carroll, IL; (815) 244-6000, www.learngreatfoods.com. Tour of Roger's Creek Grist Mill follows meal. Tours, dinner and cooking class, \$95.

HOME & GARDEN

Master Gardeners Spring Series of Home Horticulture Classes, 7-9 p.m. Mondays, March 3-April 7, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL; (309) 796-0512, www.extension.uiuc.edu/rockisland. \$5 per session for the general public and \$3 per session for active Rock Island County Master Gardeners and Master Naturalists. Classes include "Salsa — It's the Number One Condiment in America!," "The Art and Science of Pruning," "A New Path to the Lost Treasures of the Heartland," "Growing Herbs at Home," "A Tale of Two Gardens" and "New Plants for 2008."

Garden Growers Gardening Workshop, 8:30 a.m.-3:15 p.m. March 8, ISU Scott County Extension Office, 875 Tanglefoot Lane, Bettendorf, IA; (563) 322-2012, www.qcgardengrowers.org, gardengrowers@netexpress.net. \$35 with lunch included; \$20 afternoon only. Registration required.

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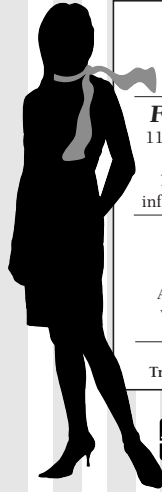
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11:30 a.m. to 1:30 p.m. • Thursday, April 24
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Rock Island County
Medical Society

calendar

Recycled Stitches, 2 p.m. March 8, Wapsi River Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiaowa.com/conservation/wapsi.php. Make a versatile "shopping" bag with recycled shopping bags. Bring five plastic shopping/grocery bags and a pair of sharp scissors. Registration required.

Birdhouse Workshop, 6:30 p.m. March 13, Wapsi River Center, 31555 52nd Ave., Dixon, IA; (563) 333-6141, www.scottcountyiaowa.com/conservation/wapsi.php. Build your own birdhouse or wood duck nest box from a kit. Wren, robin or bluebird, \$5, bat house, \$7, wood duck and kestrel boxes, \$20. Call (563) 847-7202 to order kits before March 6.

QCCA Flower and Garden Show, March 14-16, QCCA Expo Center, 2621 4th Ave., Rock Island, Ill.; www.tmqc4.info/index.php. \$6 for adults and \$1 for ages 6 to 16. (See page 34 for more information.)

HEALTH & FITNESS

Diabetes Series Part 1 — Pre-Diabetes: Who, What and How, 6-7:30 p.m. March 4, Trinity Regional Health System, Quad-Cities, (309) 779-2000, (877) 242-8899. Registration required. Free.

Screening for Colorectal Cancer, 6-7 p.m. March 6, Trinity Regional Health System, Quad-Cities, (309) 779-2000, (877) 242-8899. Learn valuable information about colon cancer screenings. Registration required. Free.

HeartReach Mobile Lab, 7:30 a.m.-1:30 p.m. March 11, Trinity 7th St. Campus, 500 John Deere Road, Moline, IL; (866) 935-5432. Provides a variety of tests that identify heart and circulatory problems before they become life threatening. Appointment required. Prices range from \$80 for a resting EKG screening to \$135 for a complete package.

Diabetes Series Part 2 — New Tools to Help You Manage Diabetes, 6-7:30 p.m. March 11, Trinity Community Class, (309) 779-2000, (877) 242-8899. Registration required. Free.

Heart Healthy Eating, 6-7 p.m. March 13, Trinity Regional Health System, Quad-Cities, (309) 779-2000, (877) 242-8899. Get tips for following a low-fat, low-sodium, high-fiber diet. Registration required. Free.

Dessert with a Doctor: The Basics on Breast Health, 6-7 p.m. March 19, Trinity Regional Health System, Quad-Cities, (309) 779-2000, (877) 242-8899. Learn information on breast care and necessary breast cancer screenings. A light dessert will be served. Registration required. Free.

Regional Patient Lifestyle Meeting, 11 a.m.-5 p.m. March 30, Highlander Conference Center, 2525 N. Dodge St., Iowa City, IA; (319) 354-2000, (866) 903-1728. People with high blood pressure, diabetes or other risk factors for chronic kidney disease; current dialysis or transplant patients will benefit from this seminar.

RIDES, RUNS & WALKS

Icicle Bicycle Ride, 10 a.m.-4 p.m. March 1, 408 1st St., Clinton, IA; (563) 243-5033, bsiland@mchsi.com, peters@clintonia.org, \$15, includes refreshments, lunch and door prize entry. 28-mile.

Spring into Spring, 9 a.m. March 15, The Community Center, 265 Broadway, Springfield, IA; (319) 854-6497. 5K.

11th Annual Shamrock Ride, 10 a.m. March 15, Dyersville, IA; (563) 875-9405, (563) 590-2793, ltheisen@wildcrocodiles.com. 21-mile.

St. Patrick's Day Run, 10 a.m. March 15, the RiverCenter, 136 E. 3rd St., Davenport, IA; (563) 445-0422. 5K, 1-mile, ¼-mile.

Easter Seals Children's Therapy Center Run, March 30, Masonic Center, 416 S. 1st St., Clinton, IA; (815) 589-4945. 4-mile, ¼-mile.

OUTDOORS

Birds of the Mississippi River, 1-3 p.m. March 1, Mississippi River Visitor Center on the Rock Island Arsenal at Lock and Dam 15, Rock Island, IL; (309) 794-5338. Program for children ages 8 and older and adults, covering birding terminology, how to use a field guide and more. Art activities available after the program.

Budding Interests: Nature for the Very Young, 10:30 a.m. March 22, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiaowa.com/conservation/wapsi.php. Second session of new program series intended for children ages 3-4 and their parents. Registration required.

EVENTS

Greening the Community, 9 a.m.-4 p.m. March 1, Black Hawk College, 6600 34th Ave., Moline, IL; (309) 796-5061, www.bhc.edu. Share ways to learn and promote ecological sustainability. Registration required. \$35.

Beef Cattle Co-Products Seminar, 10 a.m. March 5, Aledo American Legion Post 121, 305 N.W. 7th St., Aledo, IL; 4:45 p.m. March 5, Carroll County Farm Bureau, northwest corner of Illinois Route 78 and Routes 52/64 intersection, Mt. Carroll, IL; (309) 582-5106, (815) 244-9444. \$15.

"Bullshit" (Environmental Justice Film Series), 6 p.m. March 6, WIU Quad Cities Campus, room 102ab, 3561 60th St., Moline, IL; www.wiu.edu. Documentary on environmental activist and nuclear physicist Vandana Shiva.

International Women's Day Her-story: Great Women of the Past, 6-9 p.m. March 7, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA; (563) 742-5800. Men also are welcome. Registration required. \$10.

Leopold Center's Marketing and Food Systems Workshop, 8:30 a.m.-4:30 p.m. March 11, Gateway Conference Center, 2100 Green Hills Drive, Ames, IA. Learn what's new in market strategies for food, fiber and energy enterprises; an all-Iowa noon meal is included. Register by March 5 at www.leopold.iastate.edu/workshop.htm.

Discussion of "John James Audubon: The Making of an American" by Richard Rhodes, 7 p.m. March 12, Malmros Room, Bettendorf Public Library, 2950 Learning Campus Drive, Bettendorf, IA; hhusstedc@bettendorf.org.

Local Foods Connection's CSA Fair, noon-4 p.m. March 22, Robert E. Lee Community Recreation Center, 220 S. Gilbert St., Iowa City, IA; www.localfoodsconnection.org.

River Action's Environmental Book Club Discussion, 7 p.m. March 25, 822 E. River Drive, Davenport, IA; or 10 a.m. March 26, Nahant Marsh Education Center, 4220 Wapello Ave., Davenport, IA; (563) 322-2969, clare@riveraction.org. Discuss "Green Living: The E/Magazine Handbook for Living Lightly on the Earth."

Reality World Camp, 10 a.m. March 26 to 3 p.m. March 27, Camp Abe Lincoln, 1624 Front St., Blue Grass, IA; (309) 796-0512, www.extension.uiuc.edu/rockisland. Grades 8-10 learn to live as adults in the game LIFE. Registration required. \$60.

Environmental Film Fest 3, 10:30 a.m.-6:30 p.m. March 29, Unitarian Church, 3707 Eastern Ave., Davenport, IA; www.illinois.sierraclub.org/eagleview. (See page 32 for more information.)

WIU Environmental Summit, 9 a.m.-4 p.m. April 2, University Union, Western Illinois University, Macomb, Ill.; (309) 833-5798. brown-bag luncheon, noon April 3, Room 102, WIU-Quad Cities Campus, Moline, Ill. (See page 33 for more information.)

For more events or to submit an event, visit Radishmagazine.com.

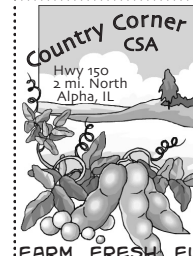
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- ♦ E-Waste and Recycling
- ♦ Environmental Ethics
- ♦ Green Design
- ♦ Buying Fresh Local Food
- ♦ Citizen Scientist Projects
- ♦ Local Habitat Restoration
- ♦ Vendors of Green Products

Register for the conference at University of Illinois Extension's web site: www.extension.uiuc.edu/rockisland Or call Black Hawk College at (309) 796-5061. Cost is \$25, includes lunch.

Conference sponsored by the
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Register for the conference online at www.extension.uiuc.edu/rockisland

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FARM-FRESH EGGS

(Story on page 8)

Looking for local eggs? Here are several farms in the Radish region that sell eggs directly to customers. Additionally, fresh eggs may be purchased at most farmers' markets during the regular May-October season.

Illinois

- Blue Schoolhouse Farm, Congerville; (309) 467-9228
- Good Hope Gardens, Good Hope; (309) 456-3884
- Muller's Lane Farm, Rock Falls; (815) 625-2607
- Shady Knoll Farm, East Moline; (309) 496-9636

Iowa

- Aurora Community Farm, Fairfield; (641) 472-9941
- Grice Family Farms, South English; (319) 667-2350
- JC Organic Farm, Kalona; (319) 656-3518
- Miss Effie's Country Flowers & Garden Stuff, Donahue; (563) 282-4339
- Nostalgia Farms, Walcott; (563) 940-0634
- Scattergood Friends School Farm, West Branch; (319) 643-7631

GO GREEN, BEGORRA!

(Story on page 18)

Here are a couple of ways to put green foods to good use in your kitchen.

Sauteed Asparagus with Mushrooms

- | | |
|---------------------------------------|--------------------------------------|
| 1 pound asparagus, trimmed | 1 teaspoon fresh thyme, chopped or |
| 1½ tablespoons extra virgin olive oil | ½ teaspoon dried |
| ½ cup fresh mushrooms, sliced | Freshly ground black pepper to taste |

1. In a large skillet, bring 2 inches of water to a boil with a teaspoon salt. Prepare a bowl of ice water and set aside.
2. Add asparagus to the boiling water and cook 4 to 5 minutes or until barely tender but still firm. Using a slotted spoon or tongs, remove the spears to the ice water bath. Leave in ice water 5 minutes or until cool. Drain and set aside. Discard blanching water.
3. Using the same skillet, heat olive oil over medium-high heat. Add mushrooms, asparagus, thyme and salt and pepper to taste.
4. Sauté until mushrooms are wilted and the asparagus is just heated through, about 3 to 4 minutes. Serve warm or chilled. Yields 4 servings.

Source: University of Illinois Extension

Chicken Florentine

- | | |
|--|---|
| 4 cups firmly packed baby spinach leaves, stems removed and washed or 1 10-ounce package frozen, chopped spinach | 1 tablespoon flour |
| 1 teaspoon dried thyme leaves, crushed or fresh equivalent | 1 cup low-sodium chicken broth |
| 1 tablespoon olive oil | Salt and pepper, optional |
| 2 cloves garlic, peeled and chopped | 4 grilled or roasted chicken breasts, shredded or chopped (about 4 cups chopped) |
| ½ cup finely chopped onion | 2 lemons, to yield 2 tablespoons grated lemon peel and 4 lemon wedges for garnish |

Prepare spinach and place in a large skillet over medium heat and cook, covered, until fresh is wilted or frozen is heated through. Spinach should have a bright green color. Do not overcook, or the spinach will change color. Remove spinach and drain well. In same skillet, heat thyme with oil, garlic and onion and sauté until onion is transparent. Stir in flour until it disappears. Add broth and stir continuously until a thickened sauce is formed. Return chopped spinach to sauce and mix well. Heat and adjust seasonings, if desired. Stir half the chicken into sauce. To serve, spoon equal amounts in four small casseroles. Top each with equal portions of remaining chicken and ½ tablespoon grated lemon peel. Place in preheated 300 degree oven for 10 minutes. Serve hot with a lemon wedge. Serves four.

Source: Produce for Better Health Foundation

Easy Broccoli-Potato Soup

- | | |
|-------------------------------------|--------------------------|
| 3 medium potatoes, peeled and diced | 3 cups skim milk |
| 1½ cups fresh broccoli, chopped | ½ teaspoon pepper |
| ½ medium onion, finely chopped | ¼ teaspoon garlic powder |
| 1½ cups water | ½ cup cheese, grated |

Bring water to a boil. Add vegetables and cook over medium heat until tender, about 15 minutes. Do not drain. Remove half of vegetables and mash. Return them to pot. Add milk, pepper and garlic. Heat through. Serve with cheese sprinkled on top. Serves six.

Source: Massachusetts Department of Agricultural Resources

Curried Lentils and Vegetables

Tired of Irish? Go Indian with this green-colored classic dal. Serve with toasted pita bread or warm tortillas.

- | | |
|-------------------------------------|--------------------------------|
| 3 cups water | 4 teaspoons curry powder |
| 1½ cups lentils, rinsed and drained | 1 teaspoon grated fresh ginger |
| (See note.) | ¼ teaspoon ground ginger |
| 1 cup chopped carrots | 1 clove garlic, minced |
| 2/3 cup chopped celery | ½ teaspoon salt |

Sauce

In a large saucepan combine water, lentils, carrot, onion, celery, curry powder, ginger, garlic and salt. Bring to boiling; reduce heat. Simmer, covered, 20 to 25 minutes or until lentils are tender and liquid is absorbed. For sauce: In a small bowl, stir together yogurt, tomato and parsley. Serve with lentil mixture. Note: Sort dry lentils and rinse them in a colander until water runs clear. Lentils do not need pre-cooking, so add them to the pan uncooked with the other ingredients. Serves four as a main dish.

Source: "America's Ethnic Cuisines" (Meredit Books, 2003)

THE RULE OF TOO

(Story on page 24)

Visit these Web sites for instructions on stretching and conditioning exercises:

- acefitness.org/getfit/StretchandRelease_workout.pdf
- acefitness.org/fitfacts/pdfs/fitfacts/itemid_78.pdf
- acefitness.org/getfit/RubRbndWkout.pdf
- sparkpeople.com/resource/fitness_articles.asp?id=633
- www.pfitzinger.com/cc.shtml

ALL HAM IS NOT CREATED EQUAL

(Story on page 26)

Mimi Getachew of Iowa City shares the following recipes for an Easter meal, with glazed ham as the centerpiece.

Butter-Bourbon Ham Glaze: Melt the butter in a medium saucepan over low to medium heat. Take care not to burn it. Add molasses, followed by honey and brown sugar, to taste. Melt and stir ingredients together. Reduce heat to low and add the bourbon. Cook 5-6 minutes to reduce the alcohol content, or, for a little "kick," remove the glaze from heat and immediately use to baste ham. Bake ham until internal temperature reaches 160 degrees F, basting at least once during roasting.

Garlic Mashed Red Potatoes: Chop (don't peel) red potatoes to feed a crowd. Mash them, then add butter, cream, olive oil, fresh rosemary, fresh minced garlic, salt and pepper. Taste as you add ingredients to get the right consistency and flavor. No gravy is needed.

Spring asparagus and red peppers: Boil water in a large pot and add trimmed asparagus; cook to al dente, then remove from pan and immerse in cold water to stop cooking process. Toss with olive oil, minced garlic and rosemary. To serve, add the zest of an orange. For red peppers, cut julienne and sauté in olive oil until they begin to caramelize. As with asparagus, toss with garlic and rosemary.



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food for thought

Recycled Fish

Anglers as stewards of the resource

By Teeg Stouffer

How do you recycle a fish? That's a question we are asked often at Recycled Fish. The short answer — you let it swim!

Recycled Fish is the non-profit organization of anglers as stewards of the resource. One of the most tangible things we anglers can do is to release our catch. That's "Catch and Release" fishing, and it's caught on! More than 80 percent of Americans now release their fish most or all of the time. But the "catch and release" conversation is still a good starting point for how those of us who fish can be stewards of the fishery, and our name "Recycled Fish" speaks to that.

And yet, there is so much more! What we do off the water can actually impact fisheries as much as what we do on the water — so there's opportunity to steward fisheries directly, even if you don't fish! But first, if you're a non-angler trying to wrap your head around why someone who sets out to catch fish would want to hook them — and then let them go — let me offer some insight.

As thrilling as it is to have a fishing rod come to life in your hands with a fish at the other end, it's yet more electrifying when you're hooked up to a really big fish! To achieve that with any consistency, we've learned that we must let some of our fish go so they can grow.

Another reason it makes sense to practice catch and release is that the sport value of a fish is greater than the food value of that fish. Sport fishing in America is a \$41.5 billion industry. If you were to divide up the average angler's annual spending on sport fishing per pound of fish delivered to the table, you'd have some very, very expensive protein!

Fishing is about more than catching fish. In our time, as in time stretching back for generations, our lakes, streams and seas inspire exploration and discovery. Outdoors, we unload life's burdens and receive a fresh outlook. On the water we connect with one another and something greater than ourselves. Our most basic needs of life — air, water, food and shelter — are met when natural places thrive. At Recycled Fish we're safeguarding these places and this legacy with reverent stewardship, carrying forward a caretaker ethic in partnership with anglers and other outdoor enthusiasts.



The author and a bluegill destined to be recycled. (Photo courtesy of Recycled Fish)

Those of us who fish have a strong stake in the environment and a unique understanding of it, since we spend our free time studying and interacting with it. Not only that, but there are a lot of us. More Americans fish than play golf and tennis combined. We're a large and passionate group, and we've got a tangible connection to the resource. But while we've "caught on" to catch and release, that alone won't solve the problems that face our fisheries.

Recycled Fish takes the message to the next level. We get individual anglers the information they need to be stewards in their everyday lives as well as on the water. Whether it's installing a low-flow shower head, changing how we maintain our lawns, where we wash our cars or what kind of bait or lure we tie onto the end of our line, Recycled Fish is helping anglers lead by example in stewardship, because the solution to healthy fisheries begins beyond the lake.

Healthy fisheries are important even if you're not particularly impressed to pursue these finned denizens of the deep. Our waterways are a "canary in the coal mine" for our environment on the whole. Water is to earth as blood is to the body — and just as a doctor can take a blood sample to determine

your health, our water can suggest what's going on with our planet. Right now, our waters are declaring that there are some real challenges. The time to act is now, and people in all walks of life are responding in this current wave of the "green movement." Anglers respond to this movement in part through Recycled Fish, and you can too.

Visit our Web site at www.RecycledFish.org and take our "Sportsman's Stewardship Pledge," which nets you a free membership to our organization, and gives you a new way to stand up as a steward.

Make sure to find time to get on the water this year, too — and take a kid with you! Ensuring that our kids are getting outside helps overcome this "nature deficit disorder" that is developing among our young people.

Together, we will see that not only our lakes, streams and seas — but also the land stretching beyond them — is stewarded well. With your help, this gift that's been given all of us to be caretakers of will be yet more beautiful when it comes our time to pass it on.



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heartbeat

At Trinity, we not only focus on treating illness, but promoting wellness. Our "A Fare of the Heart" program is designed to help you make smarter, healthier decisions when it comes to eating out or cooking at home.

By reducing calories, fats, sodium and cholesterol in each meal consumed, we can reduce the amount of heart disease throughout our community and improve the hearts of those we know and love.

Eat healthy at "A Fare of the Heart" restaurants

You can enjoy delicious, nutritious meals when dining out by letting "A Fare of the Heart" simplify your search for good food and good health.

Participating restaurants use the "A Fare of the Heart" symbol  to identify tasty appetizers, entrees, side dishes, beverages and desserts that have reduced fat, cholesterol, calories and sodium.

"A Fare of the Heart" menu items meet the following criteria:

- ✓ no more than 30 percent of total calories from fat
- ✓ no more than 10 percent of total calories from saturated fat
- ✓ no more than 120 milligrams cholesterol
- ✓ no more than 1,000 milligrams sodium

Visit www.TrinityQC.com/Fare
for a list of all
participating restaurants.



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